

Perfection



Perfection



THE
POSIE
OF GODLIE
PRAYERS,

With a devoute Epistle
before the Booke; and
after the Booke, a per-
fect Table, to finde
Prayers for everie
purpose and
person.

By Nicolas Themylchorpe,
Esquyre of England.

Watch, and pray. *Matth. 26. 41.*

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To the Reader.

A Sweet have
(gentle Reader) spent our
former tyme in
worldlie mat-
ters; so let vs be
desirous to spend these later days in
Godlie and Christian Exercises;
consisting principallie in Prayer
and Thanks-giving, as the grea-
test Means of our Salvation. To
the which purpose, I dedicate this
little Booke vnto thee, without
anie other mixture.

The Children of GOD haue
ever from the Beginning, vsed
Prayer, for the supplie of their
Spiritual and corporall necessities,
and haue graciously obtayned
their Petitions, both for them-
selues, and others.

Hagar,

To the Reader. 3

Hagar, by Prayer, had drinke
for her sonne: Anna, by Prayer,
obtaind a sonne: Isaac, a Wyfe;
Iaakob, defence; Moses, David,
Iehosaphat, Ezekias, Macca-
beus, and many others, attayned
victories: the Ninevites, deliue-
rance from destruction. At the
Prayer of Ioshua, the Sunne stood
still: so stayed the Sun three hours,
in the days of Henric the fift king
of England, till the Earle of Or-
mond, in Ireland, with his small
Companie, overcame Omor Ar-
thur, & others, with hudge Armies.

At the Prayer of Alexander,
the Caspian Mountaynes closed,
and inclosed the Iewes: and the
Sea Pamphilicon divided it selfe
to him, and his Armie, at the pas-
sage agaynst Darius. Clenches,
first Emperour of the Tartars,
conquered all the Kingdomes vnto

6 To the Reader.

Mount Belian; where came a knight
on a whyte Horse, and bade him
conquer farther: but Clenches
said, that the Sea stayed him. Then
the knight bade him pray to GOD
All-mightie. So Clenches prayed
on the Mountayne; & immediatly
he saw the Sea diuided, where he,
with his Armie, passed thorow, and
conquered Cathea, with all the
bordering Countreys.

At the prayer of a poore Cöbler,
and some other Christians, a moun-
taine in Mosull removed it selfe,
from one place to another, whereby
they escaped the crueltie of the
vnbelieving Calipho. By prayer
yron did swim, the dead arose, and
many other wonders were effected:
and of all GODS gracious giftes,
prayer is one of the chiefest.

Also, GOD commandeth vs, to
call vpon Him, as when He sayth,
Aske,

To the Reader. 7

Aske, and you shall haue: Watch, and pray: Pray continually: The Lord is nigh to them that call vpon Him: yea, vnto all such as call vpon Him in fayth. Therefore, let vs pray earnestlie to GOD, to forgine vs our sinnes, with a full purpose of amendement of lyfe.

There are foure sorts of men in prayer: Some pray for others, and not for themselues; these are too proud, and carelesse: Some pray for themselues, and not for others; these are too vncharitable: Some neyther pray for themselues, nor for others; these are too bad, and vnchristian. And some pray for themselues, and others; these are the best, and most Godlie.

In prayer obserue these five things: first, that you direct your mynd to GOD: next, that we are

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*commanded to pray: thirdlie, the
promise, That He will heare vs
when we pray: fourthlie, we must
pray in fayth; and lastlie, we must
belieue to obtayne the thing wee
pray for.*

*Let Vs alwayes pray, not with
lip-labour, but with heartie affe-
ction, in spirit, fayth, and trueth.
First giue thanks; then pray for
remission of sinnes, fayth, and all
spirituall things: then for corporall
blesinges, and thinges belonging
thervnto. Pray for things eternall,
spirituall, corporall things present,
and to come, for thy soule and
bodie, and to bee crowned
with everlasting
Glorie.*

AMEN.

THE POSIE

of Godlie Prayers.

MORNING PRAYER.

When thou ryseſt, ſay thus :



Ryſe, and
enter into
this day, to
glorifie my
GOD, and
walke in my
vocation, In
the Name of the Father, the
Sonne, and the holie Ghoſt :
Amen.

Then pray as followeth:

O Gracious Lord, and moſt
mercifull Father, which
haſt from the beginning of
A s mine

mine age hitherto, delivered mee from all perils and dangers, both of soule and bodie; for which I most heartily thank thee. And yet, because I feele in my selfe so manie faults and imperfections, such readinesse to evill, and slacknesse to doe good, I quake, and tremble, for feare of thy wrath, and sharpe judgement; but for that I know thou commandest mee by prayer to craue of thee all things necessarie for soule and bodie; and hast promised, graciouslie to heare my lamentable sute, and mercifullie to grant mee my needfull requests and petitions; and I knowe thou canst, and wilt, performe them: therefore, for Iesus Christ his sake, and in his blessed and holie Name, and for
thy

of Godlie Prayers. 11

thy Mercie and Truethes sake,
I humblie beseech thy father-
lie goodnesse, to grant me all
things for this bodie and tran-
sitorie life, as shall be most
agreeable vnto thy godlie will
and pleasure. And I humblie
beseech thee, that I may always
praye in charitie, vse thy gra-
cious gifts and benefits in cha-
ritie, and leade my whole life
and conversation in charitie;
that I may daylie, thorow the
assistance of thine holie Spirit,
mortifie all my carnall lusts, &
filthie affections. Prosper mee,
and mine, in all our honest
Effaires: encrease thy good
gifts in mee, and confirme and
establissh mee in thy grace,
that I may goe forwards in all
goodnesse.

And with an humble and
contrite

contrite heart, and with a sorrowfull and repentant spirit, I make my sute vnto thee, most mercifull Father; beseeching thee for mercie, and forgiveness of al mine offences, which in this night past, or at anie time heretofore I haue committed agaynst thy Godlie will and pleasure, by trespassing agaynst thy Godlie Majestie in thought, consent, word, or deede: and I most heartilie thank thee, that thou hast preserved mee this night past, and all the dayes of my life hitherto, from all death, danger, & other mischief: and I beseech thee, blessed Father, that thou wilt vouchsafe this day, and ever here-after, to haue a mercifull eye vnto mee; support & sustayne mee, beare mee vp,
and saue

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and saue mee, that I fall not into danger, nor breake thy Commandements : giue mee grace to walke warilie amongst the snares of my mortall enemies, the Devill, the World, and the Flesh; and in all things to be prudent, and diligent, to consider before, what I shall speake, or doe; that my whole thoughts, wordes, and workes, may bee to thy honour, laude, and glorie, to the edifying of my soule in vertue, and to the profit of my Brethren, thorow the gracious Mediation of Iesus Christ, my Lord, and onlie Saviour: Amen.

Another prayer, for the morning.

O Merciful Lord God, I render most high laude, praise and thanks vnto thee, for that

B thou

thou hast preserved and kept
me, both this night, and all the
dayes and tymes of my lyfe hi-
therto, vnder thy most mightie
protection, and hast suffred me
to liue vntil this present houre;
I most humblie beseech thee,
that thou wilt vouchsafe to re-
ceaeue me this day, and the re-
sidue of my whole life, into thy
tutition; ruling and governing
me with thine holy Spirit, that
al maner of darknes, misbelief,
infidelitie, carnall lusts, & evill
affections, may be vtterlie cha-
sed away, and drivē out of my
heart: and grant me a right &
perfect fayth, that I may be ju-
stified and saved both in soule
and bodie: and let me walke in
the light of thy Trueth; to thy
glorie & praise, my comfort, &
my neighbors furtherance, tho-
Iesus Christ, my Lord, Amen.

Another, for the morning.

O Eternall God, & heavenlie Father, seeing by thy great mercie I haue quietlie passed this night, grant, I beseech thee, that I may bestow this day, and all the rest of my lyfe, whollie in thy service; so that all my thoughts, words, and workes, may redound to the glorie of thy holie Name, and the good example of my brethren. And as it hath pleased thee to make the sun to shine vpon the earth, to giue vs bodilie light; so vouchsafe to illuminate my vnderstanding, with the brightnes of thy holy Spirit, to direct me in the way of righteousness; so that whatsoever I shall doe, my especiall care and purpose may bee to walke in thy feare, and serue and honour thee; and that I take nothing in hand, which shall not bee agreeable to thy

most blessed will; & that I may
in such sort travel for my body
and this present life, that I may
ever haue a due regarde vnto
the heavenlie lyfe, which thou
hast promised to thy children.
And let it please thee, ô Father,
to preserue & defend me, both
in soule and bodie; to strêngthen
me agaynst all the temptations
of the Devill, keep me from all
sinnes, and deliver me from all
perils & dangers whatsoever.

And, furthermore, I beseech
thee, good Lord, to receaue me
this day, and the residue of my
whole lyfe, into thy holy prote-
ction; increasing in mee daylie
thy grace, and good gifts: and
vouchsafe, most mercifull Fa-
ther, to forgiue and forget all
my sinnes, which I haue here-
tofore at anie tyme committed
agaynst

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agaynst thee; and for thy infinite Mercie sake pardon & forgiue the same: for which, and for all things else, whereof I stand in need, I make my humble petition vnto thee, in the Name of thy Son, my Lord and Saviour, Iesus Christ, in such sort as hee hath taught me, saying; *Our Father, which art in Heaven, &c.*

Another, for the morning.

ALmighty, and most gracious God, I heartily thank thee, for the sweet sleepe, and comfortable rest, which thou hast given me this night past: and for that thou hast commanded by thy holie word, that no man should be ydle, but alwayes occupied in godlie and vertuous exercises, everie man according to his calling, I

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most

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most humblie beseech thee,
 that thy eyes may attend vpon
 me, daylie defend mee, cherish,
 comfort, instruct, and governe
 mee, in all my studies, labours,
 and counsels, even in such wise,
 O my God, that I may spend
 and bestow not onlie this pre-
 sent day, but also the whole
 time of my life to come, ac-
 cording vnto thy most blessed
 will and pleasure; setting thee
 alw ayes before mine eyes; li-
 ving in thy feare, and working
 that which may be found ac-
 ceptable in thy sight; hating
 wrong, & loving justice. Also,
 I beseech thee, mercifull God,
 to strengthen & keepe mee in
 the sayth of thy Catholicke
 Church, and kindle in mee the
 loue and light of thine holie
 Spirit; that I may walk godlike
 and

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and vertuouſſie in this lyfe, die
in the trueth of thy word, and
liue with thee in everlaſting
glorie. Grant this, moſt merci-
full God, for thy deare Sonne,
Ieſus Chriſt his ſake: Amen.

Another, for the morning.

I Humblie and heartilie thake
thee, O heauenlie Father,
thorow thy dearie beloved
Sonne, Ieſus Chriſt, that to
thine innumerable benefits hi-
therto powred vpon my ſoule
& bodie, thou haſt kept me
this night paſt, and all the dayes
and tymes of my lyfe hither-
to, from all evils, ſpirituell &
corporall: wherefore I beſeech
thee, to be mercifull vnto mee,
to giue mee grace to repent, &
amend my ſinfull lyfe; that I
may liue hencefoorth, not as I

will, but as thou wilt. And as of thy goodnesse, thou hast given me time to repent; and liue godliue, of the same thy goodnesse, in Christ Iesus, I humbly beseech thee, to giue me thy gracious gift of true, holie, perfect, and perpetuall repentance; that I may more and more lament my former sinfull lyfe, trusting faythfullie in thy rich mercie, even thorow the merites of Christ Iesus, for the pardon of all my sinnes; & that I may vnfaynedlie purpose, and effectuellie labour, to amend my lyfe; and that all my thoughts, words, & deeds, may be to the prayse of thy holie Name, and good example of others.

And for-as-much as thou knowest mine ignorance, wickednesse,

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kednesse, and vnablenesse, to
carrie anie crosse or affliction,
I beseech thee, sweet Father,
so to governe and order all
thinges towardes mee, that I
bee never farther afflicted,
prooved, or tempted, than thou
wilt make mee able to beare:
and so assist and helpe mee in
the same, as may bee to thy
glorie, and my salvation, tho-
row Iesus Christ, my Lord &
Saviour, Amen.

*Another, for the morning, wherein
the sinner acknowledges his sins,
and asketh forgiveness.*

ALmightie, mercifull, and
most loving Father, whose
loue is infinite, and whose
mercie endureth for ever; I a
sinfull creature, trusting in
thine vnspeakeable goodnesse
- B 5 and

and loue towardes mee, doe
appeare this morning before
thy diuine Majestie, most hum-
ble confessing my great and
manifold offences and sinnes,
which I (alace) haue comitted
against thee, together with the
innumerable transgressions of
thy most Godlie Commande-
ments, & fatherlie will. Against
thee, O Father, against thee on-
lie haue I sinned: I acknow-
ledge my offences: I accuse my
selfe: O Lord, I cannot hide
my vnrighteousnes from thee:
I finde in my selfe nothing but
disobedience, doubtfulnesse of
thy goodnesse, incredulitie, ha-
tred of spirituall things, confi-
dence in my selfe, and fervent
lusting after carnall things: and
therefore I most humble be-
seech thy fatherlie goodnesse,
even

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even for thy Sonne Christ his
sake (whom thou hast sent for a
purchaser of mercie for mee,
thorow fayth in His Blood) to
take away my hard heart, make
me a cleane heart, and giue me
a true and liuelie fayth. Haue
mercie vpon mee, O Lord, my
Saviour: forgiue me my sinnes,
O Lord; even forgiue me al my
sinnes, for thy Sonnes sake. O
God, & mercifull Lord, certifie
my conscience of the remission
and forgiuenesse of my sins, by
thy holie Spirit; and by whose
operation mortifie in mee the
olde man, and bodie of sin; that
I may die vnto Sin, and walke
in newnesse of lyfe, eue to the
glorie of thy holie Name, tho-
row Iesus Christ, my onlie Sa-
viour: for whose sake, and in
whose Name, I pray vnto thee,

O Fa-

O Father, even as himselfe hath taught me, saying; *Our Father, which art in Heaven, &c.*

PSAL. V. VERS. 3.

My Voyce shalt thou heare in the morning, O Lord: in the morning will I direct my Prayer unto thee, and will looke vp.

EVENING PRAYER

I Thanke thee, O heavenlie Father, by thy dearie beloved Sonne Christ Iesus, my Lord and Saviour, that of thy free mercy thou hast preserved me this day from all hurts and dangers. Vouchsafe also, I most humblie beseech thee, to keepe me this night, & for ever: saue me from all my enemies, both bodilie and ghostlie. Giue my body quyet sleepe; but let my soule and mynde continuallie watch

Of Godlie Prayers. 25

watch vnto thee, and thinke on thee, and thy holie Law : that when the chearfull light of the day shal appeare, I being whole in soule & bodie, may joyfullie aryse agayne, be thankfull vnto thee, and diligently walk in my vocation , to the glorie of thy moste blessed Name , and my comfort, thorow Iesus Christ, my onlie Saviour : Amen.

Another prayer, for the euening.

O Most gracious Lord, and mercifull Father , I thy most vnworthie chyld, and sinful creature, with humble heart prostrate my selfe before thy diuine Majestic; moste humble beseeching thee of mercie to forgiue me my manifold sinnes and iniquities , which I haue comitted agaynst thee this day,

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or at

or at anie tyme since I was borne. Oh! I am heartily sorie that I haue so manie wayes transgressed agaynst thee, and doe aske mercie and forgiuenes for the same. And, O Lord, with my whole heart I giue thee thanks, that of thy great goodnesse, mercie, and grace, thou hast hitherto most safelie preserved mee. And I beseech thee, most mercifull Father, be no more angrie with mee, nor forsake me, but continuallie assist, comfort, and strengthen me against al the assaults of the Devil; and be my succour and defence this night, & to my liues end; that I never offend thy diuine Majestie, or commit anie haynous sinnes, or vyld iniquities: & vouchsafe, of thy abundant bountifulnesse, to refresh
my

Of Godlie Prayers. 27

my weake bodie with conuenient rest, that I may to morrow, with all diligence, the more readilie serue thee, in that estate wherein thou hast set me: that all my actions maye so please thee, & by thy assistance bee governed, that after this vain & transitory life, I may attain to life everlasting, thorow Christ Iesus, my Redeemer,

Amen.

Another, for euening.

I Yeeld thee most humble and heartie thanks, O heauenlie Father, for all thy graces and benefites, which I haue at all tymes heretofore receaved at thy bountiful hands, even from the beginning of my life, vntill this present houre; and for the great benefit of my election before the foundation of the

C 2 world;

world; for my creation, redemption, justification, & sanctification, in Iesus Christ; for sparing mee so long, and giving mee so large a tyme of repentance; for delivering mee from all perils, ghostlie and bodilie; for drawing me out of darknesse, and bringing me to the light of thy word; for defending me from all dangers past, & protecting me vntill this present houre. And I most humblie beseech thee, of thy goodnesse, O Lord, that it may please thee to take care & charge of me this night, and all the dayes and times of my lyfe hereafter. O, suffer me not to sleepe and slumber in sinne and vngodlinesse; but that I may be alwayes watchful, and carefull, for the cōming of my Lord & Savior Iesus Christ: that when
foever

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soever hee shall come, hee may
finde mee prepared to receaue
him; and that I may heare, and
enjoye, that comfortable sen-
tence; *Come, ye blessed of my Fa-
ther, and inherst the kingdome pre-
pared for you.* Vnto the which
kingdome, I beseech thee, O
Lord Iesus Christ, to bring me,
who hast so dearlie bought me:
for vnto thee, O my Saviour,
together with the Father, and
the holie Ghost, belongeth all
honour, power, glorie, prayse,
and dominion, for ever and
ever, Amen.

Another prayer for the evening.

Most mercifull God, and
tender Father, who be-
sides thy most inestimable mer-
cies, given and bestowed vpon
me, in creating mee, in redem-
ming

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ming me, even by the precious death of thy dearlie beloved Sonne, Chriſt Ieſus, in calling mee to the knowledge of thy bleſſed and liuelie word, in keeping mee in thyne holie Church, & in thy moſt gracious governing mee, and all things hitherto, for my wealth and commodie; who haſt alſo moſt fatherlie cared for mee, and hitherto ſafelie kept me from all perills and dangers, both of ſoule and bodie; giving me apparell, food, health, and all other things neceſſarie for the comfort and ſuccour of this miſerable and poore life, which I confeſſe (alace) manie others want. For theſe, and for all other thy good giſtes, and gracious benefites, which of thy onlie goodneſſe, and fatherlie

provid

Godlie Prayers. 31

providence thou hitherto hast,
and still doest, powre vpon
mee, I most humblie thanke
thee, & prayse thy holie Name;
beseeching thee, good Father,
to forgiue, hide, and burie all
my sinnes, which at anie time
heretofore I haue committed
against thy most holie will and
Commandementes. And I be-
seech thee to grant mee the
guard of thy good Angels, to
keepe me this night, and for
evermore: and grant, deare
Father, that when I shall sleep
in death, and my bodie rest
temporallie, my soule may liue
with thee eternallie, even to
the glorie of thy holie Name,
and my everlasting joy, for
Iesus sake, Amen.

C 4

Ausw

32 *Another, for evening.*

O Eternall God, and most
mercifull Father, who this
day, and all the tyme of my lyfe
hitherto, hast graciouslie de-
fended, nowrished, and preser-
ved my soule and my bodie, &
of thy loving kindnesse hast
most Fatherlie provided for
mee, a poore sinner, not onlie
in giving me a rich portion of
thy creatures, but also in that
plentifull redemption, which
thy most deare Sonne Iesus
Christ hath purchased for me.
Grant vnto mee. O mercifull
Father, the assistance of thy
grace, and holie Spirit; that
though my bodie take its na-
turall rest, yet my soule and
mynd may beholde thy good-
nesse toward mee, bee joyfull
in thee, and receaue such in-
ward pleasure, and heavenlie
sweetn

Godlie Prayers. 33

sweetnesse in thy loue; that
whatsoever I shal hence-foorth
thinke, speake, or doe, it may
bee all to the honour of thy
holie Name.

And let thy mightie Hand,
and out-stretched Arme, O
Lord, be still my defence; thy
mercie and loving kindnesse in
Iesus Christ thy deare Sonne,
my Salvation; thy true & holie
word, my instruction; thy grace
and holie Spirit, my comfort
and consolation, vnto the end,
and in the end, thorow Iesus
Christ, my Lord, and onlie
Saviour, Amen.

When you goe to bed, say:
I lay mee downe to rest, in the
Name of the Father, the
Sone, and the holie Ghost.

C 5

Then

34 *Then pray thus :*

O Mercifull Lord God, hea-
venlie Father, whether I
fleepe, or wake, liue or die, I
am alwayes thine: wherefore I
heartilie beseech thee, that thou
wilt vouchsafe to take care and
charge of mee this night, and
at all tymes hereafter, and not
to suffer mee to perish in the
workes of darknesse, but to
kindle the light of thy holie
Spirit in my heart, that thy
godlie knowledge may daylie
encrease in mee, through a
right and pure fayth, and that
I may alwayes walke, and liue
after thy godlie will and plea-
sure, thorow Iesus Christ, my
Lord, and Saviour, for whose
sake I beseech thee, O Father,
as hee hath taught mee saying,
Our father, which art, &c.

A Prayer

*A prayer before we settle our
selues to our Devotions.*

O Most gracious God, giue mee leaue to present my selfe before thy diuine Majestic, and to powre out my vnworthie prayers vnto thee: In the multitude of thy mercies, O Lord, I come to make manifest my necessities, as a poore and needie wretch, vnto a God of infinite glorie: I come as a worme, vnto my Soueraygne maker: I come as an hainous offender, vnto a iust & severe Iudge: thou, O God, promistest, that *who so asketh, shall receaue; and, who so seeketh, shall finde:* grant me, therefore, grace to pray vnto thee, as my duetic & thy desert requireth. Grant mee a pure intention, a fervent devotion; that with an humble heart, firme hope, and perfect

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perfect charity, I may effectual-
lie pray vnto thee, and aske of
thee that which thou seest most
for thy glorie, and my good.

O mercifull Lord, helpe me
to praye worthilie, that thou
mayst graciouslie grant my pe-
titions: defend my weake heart
from ghostlie assaults; & so fixe
my mynde vpon thee, that I be
not carried away from the due
consideration of thy presence:
grant me attentiuely to applie
my thoughts, and to be wholie
ravisht, and possessed, with
zeale, and true devotion: grant
mee to aske forgiuenesse with
deepe contrition, and full pur-
pose of amendement of lyfe.
Afford, O Lord, such comfort
to my soule, as thou seest fit for
me; and by the assistance of thy
Spirit, inspire thy good motiōs
into

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into mee, that I may feele them
forcibly, accept them thankfu-
lie, and fulfill them effectuellie;
and that I may deuotelie pray
vnto thee, with true repētance;
appease thee, and for ever due-
tifullie serue thee, world with-
out ende : Amen.

A generall Confession of sinnes.

ALL-mightie God, and hea-
venlie Father, I confesse
and acknowledge, that I am a
miserable and wretched sinner,
and haue manie wayes moſte
grievouſlie tranſgreſſed thy
moſt Godlie Commandements,
thorow wicked thoughtes, vn-
godlie luſts, ſinfull wordes, and
deeds, in my whole lyfe. In ſin
(alace) was I conceived, and
borne; and there is no goodnes
in me; that without thy mercie
D O I O I I ſhould

I should perill for ever, so
little help, comfort, or succour,
is there eyther in mee, or in
anie other creature: onlie this
is my comfort, O heavenlie
Father, that thou diddest giue
thy dearlie beloved Sonne to
the most vilde, bitter and slan-
derous death of the Crosse for
me, that hee might so pay thee
ransome for my sins, satisfie
thy Iudgement, still, & pacifie
thy wrath, reconcile me againe
vnto thee, and so purchase mee
thy grace, favour, and ever-
lasting lyfe: wherefore, thorow
the merite of his most bitter
death and passion, and thorow
his innocent blood-sheeding, I
beseech thee, O heavenlie Fa-
ther, that thou wilt vouchsafe
to bee gracious and mercifull
vnto mee, to forgiue and par-
don

of Godlie Prayers. 39

don mee all my finnes, to enlighten my heart with thy holie Spirit, to renew, confirme, & strengthen mee, with a right & perfect sayth, and to inflame mee in loue towards thee, and my Neyghbour: that I may hence-foorth walke as it becommeth mee, in thy most godlie Commandements: and so glorifie & prayse thee everlastinglie.

Grant mee yet farther, O Father, that I may haue a quiet heart and conscience; and that I may in all temptations, afflictions, necessities, yea, and in the verie Pangues of Death, trust saythfullie in thee, and in thy Mercies. And for that thou hast commanded mee to pray vnto thee, I most humblie beseech thee for all thinges need-

full for mee, even for Christ
his sake, and pray vnto thee,
as hee hath taught mee, say-
ing: O Our Father, who art in the
Heavens: Halowed, &c.

*A Prayer of Thanks-giving,
wherein the Sinner craveth Re-
mission of sinnes, things needfull
for this lyfe, & lyfe everlasting.*

O GOD of Abraham, Isaac,
and Iacob; Thou God of
all mercie and pittie, haue
mercie vpon mee, a wretched
Sinner, and forgiue mee, I most
humblie beseech thee, all my
sinnes, and offences, which ever
I haue committed against thee:
blotte out all my misdeedes:
renew a right heart, & create,
O God, a new spirit within
mee. I thanke thee, O heaven-
lie Father, for all thy blessings
and

of Godlie Prayers. 41

and benefites, which thou hast bestowed vpon me: multiplie, continue, & encrease thy good blessings with mee: stretch out thy bountifull hand over mee; & with thy eye of mercie look vpon me. Send me, O Lord, a sufficient living: make me beneficiall vnto all, and not chargeable to anie. Blesse, me, ô Lord, and giue me grace to liue godllie, & vertuously, and to reign with thee everlastinglie. Deliver mee from all troubles, discontents, and worldlie calamities. Take me, O Lord, into thy own tuition: blesse, prosper, & protect all my proceedings: let whatsoeuer I take in hand, bee good; and let the same come to an happie and successiue ende. Let mee haue a care, not to doe any thing that may offed thee:

but let my whole desire be on-
lic to doe those thinges which
may please thee. Send, O Lord,
thy Angel from Heaven, to go-
verne and deliver me (as he did
thy servant *Tobias*) from al dan-
gers. Sende, O Lord, thy grace
from Heaven, to guyde me; and
thy wisdome from the highest
Heavens, to teach & direct me;
let mee not anie more fall into
sinne thorow frayltie: but to
blesse mee with thy blessings,
that I may never offende thee;
but that I may earlie and late,
night and day, and at all tymes
and seasons, giue prayse and
thankes to thy heauenlie Maje-
stie: that I may liue in this
world to thy glorie, and my
comfort, and to reygne with
thee in everlasting glorie, in the
world to come. Heare, O Lord,
these

of Godlie Prayers. 43

these my Prayers; and for thy most deare Mercie sake, & for my sweet Saviour Iesus Christ his sake, grant my petitions. To thee, O God the Father, Sonne, and holie Ghost, be al honour, dominion, power, and glorie, now, and for ever, worlde without ende, Amen.

*A prayer for forgiuenes of sinnes,
with a confession of fayth.*

○ Lord God Almighty, and Father of my Saviour Iesus Christ, I most earnestlie beseech thee, of thy fatherly goodnesse and mercie, to pardon & forgiue me al my sins & offences, and thorow thy bountifull goodnes & mercie, deliver me from al those sins and offences, which by my frayltie, or anie waye else, I ever committed
D 4 agaynst

agaynst thee. For I confesse and acknowledge, that I am a miserable and wretched sinner, and haue manie wayes moste grievouslie transgressed thy moste Godlie wil & Cōmandements, thorow wicked thoughtes, vngodlie lusts, sinfull wordes and deeds, in my whole lyfe. In sin was I conceived, and born; and there is no goodnesse in mee: therefore, thorow the merits of the bitter death and passion of thy beloved Sonne, Iesus Christ my Saviour, and thorow his innocent blood-sheeding, I beseech thee, O heavenly Father, that thou wilt vouchsafe to bee gracious and merciful vnto me; to forgiue & pardon me all my sins & offences; to enlightē my heart with thy holie Spirit; to renew, confirme, & strengthen mee,

of Godlie Prayers. 45

mee, with a right and perfect
fayth: inflame in mee loue to-
wards thee and my neighbour,
that I may walke with a glad
heart in thy Cōmandements, &
glorifie and prayse thee everla-
stinglie: and that I may with a
cleare conscience, and quiet &
chearful hart, in al temptatiōs,
afflictions, and necessities, crye
vnto thee earnestlie, and say,
*Lord, haue mercie vpon me, a sin-
ner, even for Iesus sake, Amen.*

*A godly prayer, for forgiveness of
sinnes, and all things needfull for
Soule and bodie.*

O Omnipotent, Eternall, &
ever-living God, who hast
made Heaven, and Earth, the
Sea, and all thinges containd
in them: thou onlie maker of
all thinges, preserver, & help er

D s

of

of them, with thy Sonne, my Lord Iesus Christ, & the holic Ghost: O most wise, mercifull, good, strong, and righteous Iudge, who hast sayde, thou wilt not the death of a Sinner, but that hee convert, and liue: I thy poore creature, and worke of thyne hands, doe acknowledge & onfesse my manifolde finnes and offences, which from my youth, vntill this tyme, in thought, word, and deede I haue most grievousslie committed agaynst thee; and am most heartilie sorie for the same: desiring thee, for Iesus Christ his sake, to haue mercie vpon mee; and, according to thy great mercie, forgiue mee all my offences. O Lord, I confesse and acknowledge, that I was conceived in sinne, and borne in inquit

of Godlie Prayers. 47

iniquitie, & in my flesh dwel-
leth nothing that is good: and
of my selfe I am not able to
thinke a good thought, much
lesse to wish, and least of all, to
doe as I ought: and therefore,
O Lord, I call vnto thee for
grace, who hast promised, to
heare them that call vpon thee:
assist, O God, and guide mee
with thy holie Spirit: draw me
vnto thee: make mee, O Lord,
poore in spirit, wilde and low
in my owne sight: giue me thy
grace, that whensoever I shall
bee drawne into anie sinne and
wickednesse, eyther in thought,
word, or deede, that I may
feele my owne infirmitie, and
weaknesse; & that I may with
speedie repentance turne vnto
thee. Take from me my stonie,
blinde, vnbelieving, doubtfull,
vnfayth

vnfaythfull, and vnthankfull
heart; my carnall, ydle, secure,
and impenitent heart; and giue
mee an heart to feare thee,
loue thee, and trust in thee:
write thy law in my heart and
mynde: let mee belieue, trust,
and liue in thee for ever: deli-
ver mee from the spirit of
pryde, vaine-glory, haughtines
of mynde, presumption, selfe-
loue, & trust in my selfe. Take
from mee, O Lord, the wicked
spirit of suspition, envie, jealou-
sie, grudging, whispering, or
backe-byting: keepe mee from
wrath, malice, hatred, lying,
evill words, contention, flat-
tering, dissimulation, hypocri-
sie, blasphemie, vayn swearing,
light fashions, ydle Words, and
al vnstablenes of heart. Deliver
me, O Lord, from al filthinesse,
both

of Godlie Prayers. 49

both of the spirit, and of the
flesh: from vncleane thoughtes,
vnlawfull desires, euill concu-
piscence, and lusts of the bodie.
Take from mee Covetousnesse,
and care of ritches, all deceit
and guyle, all ydlenesse and
sloth, and giue mee not over
vnto an vnshamefast and obsti-
nate minde. Make mee able to
beare wronges with patience,
and not to recompence euill for
euill. Make mee loath to giue
occasion of euill vnto anie: and
if I doe, make mee willing
to confesse my fault, & amende
it. Take from mee, O Lord,
a carefull heart of worldlie
thinges; & grant, that neyther
povertie oppresse mee, nor
riches lift mee vp, to forget
thee: but in prosperitie make
mee thankfull, and patient and

E

humble

50 *The Poste*

humble in aduersitie. Lord,
make mee merrie, without
lightnesse; sad, without mi-
strust; sober, without dulnesse;
true, without doublenesse; fea-
ring thee, without desperation;
trusting in thee, without pre-
sumption. Giue mee, O Lord,
the spirit of humblenes, meek-
nesse, simplicitie, gentlenesse,
goodnesse, faythfullnesse, and
trueth. Grant me, O God, the
bowels of mercie, and loving
kyndnesse, towards my Bre-
thren; long-suffering, and pa-
tience, to beare all things well
which it shall please thee to lay
vpon mee: regenerate myne
heart, with the spirit of grace
continuallie; and grant mee an
inward feeling of thy favour &
mercie towards mee, in Iesus
Christ, my Lord, that I may
know

of Godlie Prayers. 51

know thee to bee my God and
Father, and mee thy chylde for
ever. O Lord, encrease my
Fayth in thee, & in Iesus Christ,
my Redeemer: confirme myne
hope in thy promise: make
perfect my loue towards thee:
giue mee a true and vnfeigned
loue to all vertue & godlinesse:
encrease in mee, O Lord,
strength, and victorie, against
all temptations, & assaults of
the devill, the flesh, the world,
and the vanities thereof: giue
mee grace to keepe a good
conscience: giue mee a pure
heart and mynde, and renew a
right spirit within mee: giue
me the true vnderstanding of
thy holy word, that I never
swerue from the trueth there-
of: and that my chiefe felicitie
may bee ever in the same, and

in hearing, reading, talking,
watching, praying, fasting,
mortifying and subduing my
owne will, and members. O
moste gracious Lord Iesus
Christ, Sonne of the living
God, who was crucified, and
rose againe for mee, and all
believers, and who sittest on
the right hand of the Father,
and art appoynted the onelie
Mediator for mee vnto God,
haue mercie vpon mee; pray
to thy heauenlie Father for
mee: sanctifie mee with the
holy Ghost, as thou hast pro-
mised; and sende the spirit of
trueth to abyde with mee for
ever: kindle my mynde and
heart with thy holy Spirit, that
I may truelie beleue in thee,
acknowledge, and call vpon
thee, giue thanks vnto thee,
and

of Godlie Prayers. 53

and obey thee: for I feele my
selfe so charged and clogged
with sinnes, and infirmities,
that I know not what to doe;
but offer vp my selfe whollie
vnto thy mercie, to bee reformed,
according to thy good
will and pleasure.

O eternall, most mightie, &
ever-living God, governe and
keepe mee: lighten me alwayes
with thy Gospel: rule and con-
firm me my heart with thy holy
Spirit, and governe my studie:
powre on mee thy spirit of
grace, and prayer: O Lord,
make mee happie, & diligent,
in the workes of my vocation:
take into thy custodie for ever,
O sweete Saviour, my soule,
bodie, lyfe, & all that I haue:
bee gracious vnto mee, O Fa-
ther: succour, and helpe mee,

in all my necessities: grant mee
all thy blessings, and let thy
holy Spirit sanctifie mee, and
dwell in mee for ever. And
O Lord, haue mercie vpon
mee, graft, plant, and sowe in
my heart all vertues: and giue
mee grace so to vse them, and
all other thy gracious gifts, as
may bee most to thy glory and
prayse, to my consolation and
comfort, and to the profite of
thy Church.

Heare, O Lord, my pray-
ers, and forgiue mee all my
sinnes and wickednesse, which
I haue committed: & giue me
grace, I pray thee, truelie to
repent mee of the same. Grant
vnto mee, O Lord, true con-
trition of heart, that I may ve-
hementlie despyse my sinfull
lyfe past, and whollie bee con-
verted

of Godlie Prayers. 95

verted vnto thee. I haue sin-
ned, O Lord, I confesse it, and
I cannot denie it: But, O my
God, pardon my trespasses:
release my debtes, and forgiue
mee all my finnes: stoppe my
wounds, for I am plagued, and
beaten with iniquities: Oh,
grant mee grace, with patience
to attende thy diuine majestie:
encrease in mee, I most hum-
bly beseech thee, O most gra-
cious God, the gift of fayth
that I may truelie belieue in
thee, and in thy promise made
vnto mee. Grant this, O loving
Father, for thy deare and wel-
beloued Sonne, Iesus Christ
my Lord and Saviour his sake,

AMEN.

*A Prayer, whereunto the sinner re-
-neweth him-selfe, for falling
-into sinne, and asketh forgiveness
therefor for the same.*

Dear, tender, and most
mercifull Father, God Al-
mighty, great and dreadfull,
who art mercifull vnto whom
it pleaseth thee: for thou art
the Father of mercie, and God
of all grace, peace, and com-
fort; who desirest not the
death of a sinner: I therefore
earnestly beseech thee, O
Lord, to haue mercie vpon
mee: haue mercie vpon mee.
O Lord, according to thy great
goodnes; and according to the
multitude of thy mercies, put
away my iniquities and offences:
wash mee, O Lord, from my
wickednes, and make mee
cleanse from my vnrigh-
teousnesse. I acknowledge my sins,
and doe note my selfe of my
evill dooings: I confesse my
wickednes, and rebelling a-

gainst thee, O Lord.

gainst thy preceptes: I haue
 beene a frowarde chylde, and
 haue offended, and provoked
 thee, with my manifolde vani-
 ties and finnes, and haue not
 exercised my selfe in thy lawes:
 I haue turned backe from thy
 wayes, (alace) and haue done
 most wickedlie before thee:
 I haue walked even after my
 owne lewde thoughtes, and
 foolish fantasies, and not as
 thou wouldest: yea; I haue
 runne from sinne to sinne, fol-
 lowing the foade desires of my
 fleshlie heart. I haue displeased
 thee by my inventions; and
 none of my finnes are hidden
 from thee. I am not worchie
 to bee called thy sonne: woe is
 mee, that I haue gone from
 thee: great is my griefe, that
 I haue led my lyfe in finnes:

E s

full

full woe am I, that I haue for-
ſaken thee, and liued after
my owne mynde.

But, O Lord, forgiue mee
all my finnes: doe not quite
forget mee, neyther keepe thy
mercie longer from mee: heare
mee nowe, O Lord, gracious-
lie, & bee mercifull vnto mee:
bee no longer angrie with
mee, nor caſt not away a con-
trite & penitent ſinner. Turne
thee againe, O Lord God, &
forgiue mee all my finnes, and
offences. Hyde not thy face
from my prayers, but accor-
ding to thy promiſes take mee
into thy fauour: for I am one
of thoſe, O Father, whom thy
Sonne hath redeemed with his
moſt precious blood: & there-
fore, of thee, O Lord, I aſke
mercie; beſeeching thee to
forg

Glads Playes. 39

forgiue mee all my finnes; and
to haue mercie vpon mee,
even for thy deare Sonne,
Christ Iesus his sake, my onlie
Lord, and Saviour, Amen.

*A Prayer of thanksgiving, and
for Remission of Sinnes.*

GRant, O Lord, of thy vn-
speakeable mercie, that I
may worthilie prayse and ho-
nour thee; that my mouth may
speake, my heart studie, and my
tongue sing thy laude & pray-
ses: heare the sacrifice of my
lips, and make it acceptable in
thy sight. My soule, praise thou
the Lord; and all that is within
mee laude his holy Name. I
will praise thee, O God, and
magnifie thy Name for ever &
ever: for thou art good to all;
and thy mercie exceedeth all
thy

thy workes: my mouth shall
giue thee thanks, and extoll
thy holy Name. O prayse the
Lord, my God, my maker, re-
deemer, nowrisher, defender,
Ioye, strength, victorie, and
eternall glorie. I honour thee,
I glorifie thee, I worship thee,
I laude & praise thee, for that
it pleased thee to make mee a
reasonable creature, and hast
given me wisdom, vnderstan-
ding, and many blessings, spi-
rituall and corporall: thou hast
visited my heart with many
graces, & ho'y motions: thou
hast delivered mee from many
perils both of soule & body, &
kept and preserved mee from
many sinnes, whereinto I
might haue fallen. For these,
and all other thy good bles-
sings, most abundantie be-
flowed

Of Godlie Prayers. 61

flowed vpon mee, I wretched
sinner, with all my heart, most
humble laude, prayse, and ho-
nour thee. O most mercifull
God, I adore, and giue thee
thanks, for thy vnmeasurable
clemencie, & infinite goodnes,
whereby thou doest most mer-
cifullie suffer mee to liue, par-
donest mee, and bestowest thy
benefites vpon mee: let thy
pittie mollifie my hardnes, and
thy burning charitie, melt my
frozen heart, that I may bee
chaged from a vessell of wrath,
vnto a vessell of mercie: & so,
beeing freed from all sinnes, I
may bee the more seruent in
loving thee: thou art good, &
I am euill; thou holy, I wret-
ched; thou iust, I vnjust; thou
light, I blinde; thou lyfe, I
death; thou Ioye, I heavynesse.

F thou

thou soveraygne veritie, I nothing but vanitie. O Lord, sanctifie mee: helpe mee, and saue mee: wash mee, & make me cleane: suffer me not to bee separated from thee; but from the malignant enimie for ever heere-after defende mee, that I may come, & sing to thy prayfes eternallie. Grant mee grace to come after thee, & to imitate thee, that the former of my devotion may recompence in mee the follies of my former conversation: & make mee pure, & holy, that I may earnestlie seeke thee, who art the fountaine of eternall lyfe: expell out of mee whatsoever is evill or amisse, or whatsoever displeaseth thee, : and deliver mee, I moste humblie beseech thee, from all sinnes,
iniquit

Of Godlie Prayers. 63

iniquities, troubles, and evils,
where-with I am encombe-
red: dispose all my thoughts,
words, and works, as may bee
moste agreeable vnto thy holie
will and pleasure. Keepe mee
ever, and everie-where, from
all finnes, wickednesse, and of-
fences. Deliver me in this lyfe
from all evils, troubles, & dan-
gers: and afterwards bring me
to the most sweet, pleasant, and
delightfull joyes of Lyfe ever-
lasting: Amen.

*A Prayer of a sinner in trouble,
thanking long for helpe; and tru-
sting in God's mercie, desireth
reliefe.*

EVEN vnto the Throne of the
highest Power, I acknow-
ledge, O Lord, that I am a sin-
ner; beseeching thee, O Lord

F 2

God

64 *The Posie of*

God Allmightie, of thy goodnesse, to do with me according to thy great mercie. O Lord, I am abashed, & ashamed to lift vp my eyes vnto thee: for my sins are assembled vp into thy sight. Agaynst thee, O Father, agaynst thee haue I sinned, and done evill before thee. Thou seest myne iniquitie is great: I haue beene an offender agaynst thee even from my cradle; and since I sucked the breasts of my mother, I haue not ceased to doe evill. I was begotten in sin, and brought into the world in iniquitie. I cannot shake off my sins and offences; but carrie still with mee the infamie of my youth. Beholde, O Lord, I am sold vnder sin; and in my lyfe I finde not that which is good: for the good which I would doe,

Godlie Prayers. 65

doe, I doe not; and the evill
which I would not doe, I doe.
All the thoughts and imagina-
tions of my heart, haue beene
evill ever since I was young.
Let me not die in my sinnes, O
Lord God: for thou wilt not
the death of a sinner; but that
hee repent, and liue. Thou art
good, and merciful: and accord-
ing to thy great mercie saue
mee, thy vnworthie servant.
Thou hast showne mercie vnto
thousands: so haue mercie vpon
me, O Lord God Omnipotent:
haue mercie vpon mee, a mise-
rable and wretched creature.
My soule is troubled; therefore,
O Lord, heale me: looke vpon
me, and deliver me. How long
wilt thou reject my prayers?
How long wilt thou turne thy
face away from me? Thy hand

is not weakened, ô Lord, but it may; helpe; and thy ears are not stopped, therfore, ô Lord, heare me. How long, ô God, shall my mynd be troubled, with paynfull and heauie thoughts? How long shall sorrow torment my soule? How long shall my enemies triumph over me? Looke towards me, ô God: heare my prayers: giue light vnto myne eyes; and let mee not sleepe in death; nor let not my sins prevaile agaynst me. Turn agayn, ô Lord: turne agayn, and deliver my soule; and saue mee for thy mercie sake. O Lord, rebuke me not in thine anger; nor punish me in thy great displeasure. Cast not thy dartes at mee; nor lay thy heauie hand vpon mee. Let me no longer beare thy anger; nor drink of the cup of thy displea-

Of Godlie Prayers. 67.

displeasure. I haue no health,
for feare of my offences, I haue
no rest nor peace, when I be-
hold my sins. My iniquities are
gone over my head; and lyke a
heavie burde they daily presse
me down. Thou, o Lord, know-
west my desire, and seest my
necessitie. Forgiue mee all my
sinnes, o Lord God Almightye,
for thy owne sake, and for thy
Sons sake. Put out of thy sight
all my haynous offences: for
thou hast promised forgiuenes
of sinnes vnto them that truly
repent for the same. Haue mer-
cie vpon mee, o good Father:
haue mercie vpon me: and for
thy glorious Name be no lon-
ger angry with me; but forgiue
me all my sins; & take me, a pe-
nitent sinner, into thy mercie,
for the loue of Iesus Christ, my

onellie Saviour, whom thou
 hast sent to obtaine mercie for
 my finnes, thorow fayth in
 his blood, and who liveth and
 reygneeth, with thee, O Father,
 and the holy Ghost, for ever,
 Amen.

*A Prayer of a Sinner, rejoycing
 for the benefites received at
 Gods hand: and still craveth
 Gods helpe, and forgiveness of
 finnes.*

I Doe rejoyce in thee, O
 Lord, who tookest vpon
 thee in thy bodie my infirmi-
 ties; and so barest my paines:
 thou wast made weake, for
 my finnes; and wounded, for
 my offences; &c by thy strokes
 were my woundes healed;
 I went astray, lyke a sheepe,
 and followed my owne wayes:
 thou, O Lord, thorow thy
 loue

of Godlie Prayers. 69

loue and mercie, hast redeemed mee that was lost; and by thy blood-shed on the crosse, hast payde my ransome: thou diddest die for my offences: & by thy precious blood thou hast taken away my sins: turne thy eyes of mercie, O Lord God, and looke vpon mee, the worke of thy hands; and heale the infirmities of mee, thy weake creature; keepe me from all euill wayes; and teach me, by thy holie Spirit, to choose the way of trueth. I beseech thee, o King of holines, by my redeemer Christ, keepe mee in the right way, and vnite mee vnto him in spirit: make me to goe perfectlie in thy pathes, & to hate all wicked wayes: wash my heart from malice, and cleanse me from my secret sins:

F s cleanse

cleanſe mee, O holie Father,
with the blood of thy wel-
be-loved Sonne, from all my
ſines, and deliver mee from all
my iniquities: purifie my heart
by thy holie Spirit, from all
filthineſſe of ſinne, and euill
concupiſcence. O God almighty,
bee mercifull vnto mee a
ſinner, and for thy glorious
name ſake remember my ſinnes
no longer: make mee, O God,
to returne from my evil wayes,
and wicked thoughts: remem-
ber not the ſinnes and offences
of my youth: but according to
thy mercie bee myndfull of
mee, for thy goodneſſe ſake. O
Lord, my hope is in thee; my
ſoule truſteth in thee: my ſoule
looketh for thee: thou art mer-
cifull, and with thee is plen-
teous redemption: therefore
haue

of Godlie Prayers. 71

haue mercie vpon mee, according to the multitude of thy mercies: for thou art full of pittie and mercie: turne not, therefore, thy face from mee. Haue mercie vpon mee, O Lord God, my Saviour: pardon and forgieue mee all my sins, for thy Name sake. O righteous Father, looke not vpon the multitude of my finnes; but looke vpon the face of thy Sonne Iesus, who bare my finnes in his bodie, on the crosse: turne thy face, therefore, away from my finnes, and put out all my iniquities, & make a cleane heart within mee. Cast mee not away from thy presence, and take not thy holie Spirit from mee: but helpe, and comfort mee: Establish me with thy mightie Spirit: mollifie my heart.

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heart, that I may walke in thy wayes, and not in the wayes of errour: helpe mee, and forsake mee not, O Lord, my God, for thy Sonne Christ Iesus sake, Amen.

A Prayer, wherein a Sinner asketh forgiveness of his sinnes, and desireth the true armour, to be defended against the enemies of his soule; and confesseth God to be his Saviour.

E Verliving God, and moste mercifull Father, I moste humblie beseech thee, for thy Sonne Christ his sake, to heare my prayets, and forgiue me my sinnes, and from hencefoorth giue mee thy holie Angell to conduct and strengthen me with thy vertue, to withstand the evill devises of the world, and the appetites of the
sinfull

finfull flesh: arme me with thy
armour, the grace of thy holie
Spirit, and mightie vertue:
write in my heart thy holie
word, lawes, and commande-
ments: put vpon me the breast-
plate of Righteousnesse: di-
rect my lyfe and conversation
according to the Gospel of
peace: giue me the shield of
fayth, to fight against sinne and
desperation; the helmet of
health vnto my salvation, tho-
row the merites of thy dearlie
beloved Sonne, Iesus Christ;
for whose sake, I a poore sin-
ner, most humblie beseech
thee, that thou wilt vouchsafe
to powre vpon mee thy holie
Spirit; to worke in my heart,
mynde, and soule, that I may
alwayes doe thy will and plea-
sure, and walke in this worlde

G

to thy

to thy honour. Thou, o Lord,
hast made mee, and given thy
Sonne to die for my sinnes: O
Father, even for his sake haue
mercie vpon mee: O Lord Ie-
sus, who hast bought mee with
thy most precious blood, re-
ceauē mee, and haue mercie
vpon mee, and bee my merci-
full mediatur vnto thy Fa-
ther, that my soule may bee
saued. O holie Ghost, coequall
with the Father, & the Sonne,
haue mercie vpon mee. O Lord
God, most loyng, and merci-
full Father, I acknowledge my
selfe vnto thee, a wretched sin-
ner; yea, such a sinner, as hath
needē of grace, mercie, and
favour: for in thy sight there is
no man righteous. Thou, O
Christ, art the blessing of God,
by whome all the Nations of
the

of Godlie Prayers. 75

the worlde are blessed, and
made rich: thou deliveredst
mee, and all the faythfull, from
hell and damnation: thou art
a shielde vnto mee, and vnto
all them that trust in thee: thou
forgivest all trespasses, & hea-
lest all infirmities: thou defen-
dest mee, and all the elect, and
blessed vs. Thou, O Christ, art
my saving health, and my san-
ctifier: with thee is mercie, &
plenteous redemption: yea
thou art the true God, and Sa-
viour: all soules are thyne:
thou redeemedst mee: I haue
none other Saviour but thee:
I will turne vnto thee, O Lord,
turne vnto mee: I will aske
mercie of the Father in thy
Name: and I trust, I shall re-
ceaeue it, that my joyes may
bee perfect: I belieue in thee,

G 2

there-

therefore I shall bee saved;
 thou art the way, the trueth,
 and the lyfe: without thee
 none can come to the Father:
 thou camest into the worlde to
 saue mee, and all that were
 lost: therefore I belieue in thee,
 and hope in thee, that thou
 wilt rayse mee vp to everla-
 sting lyfe. I belieue that thou
 wilt saue mee; haue mercie on
 mee, therefore, and forgiue
 me my sinnes, O Lord, who
 livest and reygnest now and
 for ever, world without ende,

A M E N.

*A Sinner desireth forgiuenesse of
 his sinnes, and a right and true
 Fayth.*

O Lord, maker of Heaven
 and Earth, I confesse my
 selfe, from the verie bottome
 of my heart, that I am a mise-
 rable,

of Godlie Prayers. 77

nable, wretched, and abhominable sinner, and haue wickedlie transgressed thy Godlie commandements. The sinnes, alace, that I haue committed, are as innumerable as the sand on the sea: they beare mee downe, as an intollerable burden. In these sinnes, O Lord God, I haue walked vntill this day, according to the desires of the world, and the euill lusts of the flesh: but what-so-ever I haue in this behalfe offended thy most Godlie Majestie, it sore repenteth mee, and the fault grieveth mee, to the verie bottome of my heart: saue mee, therefore, O Lord, for thy great mercies sake: for vnto thee, O God, of my comfort, I wretched sinner doe come, craving of thee thy mercie.

cle. Incline therefore thy eares vnto my calling, O Lord, and consider the request of myne heart: and grant vnto mee, thy servant, O God, the strength of thy holy Spirit, to subdue the bodie of sinne, with the lusts therof; that it may be obedient in will & mynd vnto thy laws. For no man can help me, but onelie thou, O Lord, who hast broght my soul out of hel, & hast holpen me from falling into destruction. Put away from me, O deare Father, that which is evill; for thou art holie: and saue thy servant, which ever trusted in thee. I will acknowledge I haue all my strength of thee: for thou art my hope, my portion, my God, and my Saviour: Haue mercie, therefore, vpon me, O Lord, & according to thy great mercie doe awaye

Godlie Prayers. 79

my offences. Looke on me with
the eys of mercie. Sprinkle me
with the sweet hyssop of grace.
Cleansc me frō my sins. Wash
me, and I shall be whyter than
snow. Quench the desire of sin
in me. Open my lips, that my
mouth may set foorth the prai-
ses of thy holie Name.

O Christ, Son of God, haue
mercie vpo me. O holy Ghost,
giue me a new heart, & a righ-
t spirit, to laude and prayse thee.
Turn me whollie vnto thee, O
Lord: & take my sins away frō
me. O Lamb of God, heale me,
and I shall be whole. Saue me,
& I shall be saved. For thou, O
Christ, art my hope: Thou hast
taken vpon thee my diseases, &
wast wounded for my offences,
and wilt, I trust, pardon all my
sins. There is no saluation, but
in

80 *The Posie of*

in thee; nor other name wherin
I can be saved, but by thee, O
Christ. Thorow thee I haue re-
demption, & remission of sins.
Thou hast made satisfactiō for
me: thou diedst for me, and for
my sins; and wast buried, & rose
again; and ascendedst into Hea-
ven; & sittest at the right Hand
of God, in the glorie of the Fa-
ther. Thou art my Advocate; &
obtainest mercy for my sinnes.
Thou art that holy One, which
was, is, & shall come, I helieve
that Thou shalt come to be my
Iudge; therefore, I beseech thee,
O Lord, let not my sins lose me,
whom thou hast bought with
thy precious Blood. But haue
mercie vpon me, O Lord God
holie Ghost; haue mercie vpon
me, and work thy diuine grace
in me, that I may be saved, even
thorow my Lord Iesus Christ.

Godlie Prayers. 81

Saue me, O Lord: for I belieue
that I shall see thy pleasures in
the land of the living. Grāt me,
O Lord, a right and true sayth.
Forgiue me al my sins; & make
me daily more & more to walk
in a new way, and vpright life;
so that I vtterlie despying all
worldlie things, may be conti-
nent, pure of living, temperate,
righteous, diligent in all good-
nesse, meeke, mercifull, modest,
humble, readie to forgiue all
that offende me, and liue all the
days of my life acording to thy
divine will, & true feare: that I
may die in the world to all sin,
& to my selfe; and with a good
confidence, & merry hart, look
for the cōming of thee, O Lord
my Saviour, Christ Iesus: To
whom, with thee, O Father, &
the holy Ghost, be al honour &
glory, for ever: Amen.

*A prayer of a sinner, desiring God
to powre his grace vpon him: &
doth faithfully beliene, that God
will freely forgieue his sinnes.*

Honour and praise be given
to thee, O Lord God, for
seeing whereof I stand in need,
& so blessing me with thy ma-
nifold blessings, I craue thy
mercies and grace, to bee my
guyde, wheresoeuer I goe. Re-
ceiue, O Iesu, my soule & bo-
die into thy hands: for thou hast
bought mee with thy precious
Blood, O Lord, saue mee, for
thy mercies sake: and be my de-
fender, al the dayes of my lyfe.
Thou art the gift of the Father,
to saue sinners. I beseech thee,
O sweet Iesu, saue and deliver
mee from all evils, bodilie and
ghostlie, now and for ever; that
I may prayse and worship thee
in this lyfe, and in the world to
come.

Godlie Prayers. 83

come. Agaynst thee, O Lord,
 agaynst thee haue I sinned. I
 confesse, that al my lyfe tyme I
 haue beene a sinner, and haue
 grievouslie offēded thee. I haue
 gone astray, lyk a lost sheep, &
 haue bene an vnprofitable ser-
 vant, and there is no goodnesse
 in me. But I confesse my sinnes,
 O Lord, vnto thee, & earnestly
 repent, that ever I offended
 thee, being so loving a Father,
 and so gentle a Lord: and I cry
 with David, and say, *Haue mer-
 cie vpon me, O Lord, according to
 thy mercies: and according to the
 multitude of thy mercies, do away
 my offences. Wash mee throughlie
 from my wickednes; and cleanse me
 frō my sins. For I acknowledge my
 faults; and my sins are ever before
 me. I cry with the lost sonne, O
 father, I haue sinned against Hea-
 ven,*

Gen, and against thee; and am no more worthie to be called thy son. I cry with the publicane, & say, O Lord, be merciful vnto me, a sinner. I cry with the blind, Iesu, son of Dauid, haue mercy vpon me. And I saythfullie belieue, that thou wilt frellie & mercifullie forgiue me all my sins, be they never so manie, or grieuous, if I saythfullie aske: For, by sayth I am made (of the child of wrath) the son of God: by sayth I am married vnto Christ: by sayth my heart is purified, Satan overcome, and the world vanquished: by sayth I am preserved from damnation, justified, and made righteous: by sayth the wrath of God is asswaged, and I work thy wil, O God: by sayth my prayers are heard, & my requests granted: by sayth
I please

of Godlie Prayers. 85

I please thee, O God, and am
made the chylde of light: by
faith I am borne a-newe, and
made the temple of the holie
Ghost: by faith I prevaile a-
gainst the gates of hell, and am
made the heire of thee, o God,
and fellow-heire with my Lord
and Saviour Iesus Christ, of
thy Glory: faith is richer than
all treasure, stronger than all
corporall power, and more
healthfull than all Physicions.
Grant mee, therefore, o Lord,
a true faith, and let me cleaue
to the mercifull and comfor-
table promises of thee, o God;
so shall I be sure to haue remis-
sion and forgivenesse of all my
sins. I belieue thee, O Lord,
helpe thou my vnbeliefe, and
increase this my faith in me. I
most humblic beseech thee, for

H

Christ

Christ Iesus his sake, merciful-
lie to beholde mee, a most mi-
serable and wretched sinner, &
clearlie to forgiue mee al those
sinnes and wickedneses which
I haue committed against thee
even from the houre of my
birth, vntill this present tyme.
Forgiue mee, O Lord, all my
sins, for thy names sake, though
they bee great, and manie. Re-
member not the sinnes and of-
fences of my youth, nor my for-
mer sinnes: but according to
thy mercies thinke vpon mee,
o Lord, for thy goodnesse sake:
yea, haue mercie vpon mee, &
that right soone. Helpe mee, o
God of my salvation; o deli-
ver mee, and bee mercifull vn-
to mee, a Sinner, for the glorie
of thy Name sake: so shall I giue
thee thanks for ever, & mag-
nifie thy blessed Name, even
world without ende, Amen.

A Serie Godlie Prayer, with manie Petitions.

○ Lord, powre downe thy
heavenlie grace, and Fa-
therlie favour vpon mee; that
I beeing assured of thy favoura-
ble goodnesse towardes mee,
may rejoyce, & glorie in thee.
Vouchsafe, O sweete Father,
to sende thy holy Spirit vnto
mee, which may make mee a
new creature, put away from
mee all fleshlie lusts, fill myne
heart with new affections, and
spirituall motions, and thorow
his godlie inspiration renewe
mee, both in bodie and soule,
that I may die vnto sinne, and
liue vnto thee in newnesse of
life, serving thee in holinesse
and righteousnesse, all the days
of my life. O sende thy wise-
dome, out of thyne holic hea-
uens, and from the throne of

H 2

thy

thy Majestie, that shee may bee
with mee, and teach mee thy
will, and what is acceptable in
thy sight, conduct mee rightlie
in thy workes, & preserve mee
in her power. Remooue from
mee, O heauenlie Father, my
lewde, stubborne, and vnfaith-
full heart, and create in mee a
cleane, and godlie heart: cleanse
mee from all wicked thoughts:
breath into my heart, thorow
thy holy spirit, godlie and spi-
rituall motions, that I may
bring foorth good workes, to
the prayse and glorie of thy
Name. Grant mee, O Lord, a
quiet mynde, and a contented
conscience: free mee from the
damnable accusations of Satan,
from the craftie perswasions of
the world, and from the subtil
entisementes of the flesh: giue
vnto mee the precious gift of

Of Godlie Pr yers. 89

sayth: giue mee christian loue,
and perfect charitie, that I may
loue thee, my Lord and God,
with all my heart, with all my
mynde, soule and strength. Let
me loue my Neighbour as my
selfe: giue me grace patientlie
to suffer my enemies, & to for-
giue, and pray for them. Take
from mee all pryde, & haughti-
nesse of mynde: graft in mee
true humilitie: giue mee grace
to bee mercifull, and liberall to
all that haue neede; preserue
my soule from all vice, and my
bodie from sickness; make mee
able with strong fayth to resist
Satan, with fervent prayer, to
mortifie the lusts of the flesh,
with meditation of thy holie
law, to avoide the vanities and
pleasures of this wicked world:
suffer me not to bee over-come.

H 3

hemylthorp

of Satan, - nor his servants:
 but grant mee a strong fayth to
 over-come them: sende thyne
 heauenlie Angels to pitch their
 tents about mee, and deliver
 mee from their tyrannies: make
 mee of that number, O Lord,
 whome thou hast ordained to
 bee saved: place mee amongst
 thy sheepe; write mee in thy
 booke of lyfe. Grant me these
 petitions, Lord, and whatsoe-
 ver else is needfull for mee, O
 most mercifull Father, for thy
 deare Sonne Iesus Christ his
 sake; to whom with thee, and
 the holie Ghost, bee all honour
 and glorie, world without
 ende, Amen.

*A Prayer for Grace, and Re-
 mission of Sinnes.*

O Almighty God, and Fa-
 ther of our Lord Iesus
 Christ, the God of all comfort,

Of Godlie Prayers. 98

and consolation, haue mercie
vpon mee: heare my prayers,
I most humblie beseech thee,
for thy deare Sone Iesus Christ
his sake, for his merites, & the
cruell death which hee suffered
to deliver mee from eternall
death: sende into my heart the
spirit of trueth, to worke in
mee a true, steadfast, and liuelie
fayth: that the brightnesse and
clearnesse of thy Gospell may
shyne in mee, and lighten my
mynde; that I may vnderstand
the vnspcakable riches of my
redemption, in, and by Christ:
open the eyes of my minde,
that I may know what the
hope is where-vnto thou hast
called mee, and how rich the
glorie of thy inheritance is: that
by true fayth I may bee an vn-
feyned professor of thy holie
Name, and worship thee in

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spirit and trueth. Write in my heart the loue of thy law, and hate to all sinne. Bee mercifull vnto mee, I heartilie beseech thee, most mercifull Father, for thy Christ his sake, and for his deaths sake; yea, for thy mercie, trueth, & promise sake, haue mercie vpon mee: pardon and forgine mee all my sinnes, iniquities, and offences, whatsoever I haue committed against thee, in thought, word, or deede, at anie time heeretofore by anie meanes. Though I bee poore, my Christ is rich: though I be a sinner, he is righteous: though I bee vnpure, yet hee is pure, and holie: for his sake therefore, bee mercifull vnto mee: wash mee from my filth and wickednesse; cleanse me from my euill: forgive mee my sinnes: Forget my iniquities:

Godlie Prayers. 93

powre out thy holy Spirit vpo
mee: write thy law in my heart,
graue it in my minde: giue mee
the spirit of prayer: make mee
diligent, and happie in the
works of my vocatiō: take into
thy custodie & governance for
ever my soule, my bodie, my
life, and all that I haue. Tempt
me not farther than thou wilt
make mee able to beare: and
what-so-ever Thou knowest
I haue need of, in soule or bo-
die, deare GOD, and gracious
Father, vouchsafe to giue mee
the same: and, as Thy Chylde;
guyde me so, that my lyfe may
please Thee, & my death praise
Thee, thorow Iesus Christ, my
Lord: For whose sake I hearti-
lie pray Thee, to grant me these
things thus asked, and al other
things necessarie for my soule
and bodie: And, grant vnto me,

poore creature, Thy Blessinges,
& holie Spirit, to sanctifie me,
and dwell in mee, as Thy deare
Chyld: to keepe mee this day,
and for ever, from all sinnes, &
evill, to Thy eternall glory, and
my everlasting comfort, & the
profit of Thy Church; which
mercifullie mayntayn, cherish,
and comfort. Keepe me in Thy
trueth: powre vpon mee, O
Lord, thy holie Spirit of grace
and wisdom, to governe and
leade my soule & bodie in thy
holy word & cōmandements:
show thy mercie vpon me, and
so lighten the naturall blind-
nesse of my heart, that I may
daylie bee renewed by thy ho-
ly Spirit. Open my hard heart,
and grosse cares, to reade thy
worde, heare thy heavenlie
voyce, and belieue and followe
it in my life and conuersation;

of Godlie Prayers. 95

and ever holde fast that blessed hope of ever-lasting life. Mortifie and kill all vices in mee, that my life may expresse my faith in thee. Mercifullie heare the humble supplication of thy servant, & grant mee thy peace all my dayes. For Christ his sake, bee mercifull vnto mee: cast all my sinnes out of thy sight: pardon my infirmitie, & defende me in all dangers, both outwardly, in my bodie, goods, and name; and inwardly in my soule, against all temptations, and subtrill baytes of Satan. Grant that I may truelie and godlilie serue thee: increase in mee true Religion, and replenish mee with all goodnesse; & of thy great mercie keepe mee in the same vnto the end: giue vnto mee the spirit of prayer, true humilitie, perfect patience,

and continuall joye in the holy Ghost. And for as much as I must bee at warre with manie enemies, grant me grace, and arme mee with thy Defence, that I may stand, with an invincible constancie, against all corruption, where-with I am compassed on all sides; vntill such tyme, as I having ended this combate, which during my lyfe I must sustaine, I may in the ende attaine vnto thy heavenly rest, which is prepared for mee thorow Iesus Christ, my Lord and Saviour, Amen.

Another Prayer, for Remission of Sinnes.

O Eternall God, beholde mee a poore and sinfull creature, and a worme of the Earth: against thee, O holie Father, against thee haue I sinned:

Of Godlie Prayers. 97

ned: gracious God, cast not away a contrite and penitent heart, humblie calling vpon thee; but turne thy Eyes of mercie towards mee, and forgiue mee the sinnes of my youth: cast mee not away, nor take thy holy Spirit from mee; but giue mee the comfort of thy helpe, and establishe me in thy trueth: keepe mee, thy poore creature, & destroy mee not because of my iniquitie; but bee mercifull vnto mee, for thy Sonne, Iesus Christ his sake: let not thy heauie hand of Iustice destroy mee, neither leaue mee in my sinnes. Pittifull Father, even of thee, who art the God of mercie, I wretched sinner doe aske mercie, & forgiuenesse of al my sinnes: therefore, for the glory of thy Name,

I

deliver

deliuer mee from sinne, and
forgiue mee all my offences:
for as thou art God, so art thou
gracious and mercifull, and
wouldest that none should pe-
rish, but that all should bee
saved. Spare me, ô Lord, and
for thy Name sake forgiue mee
all my sinnes, & put out of thy
sight all my transgressions: giue
me a newe heart, & take from
mee all wicked desires, that I
may evermore liue according
vnto thy will: giue vnto myne
eyes good store of light, that I
sleepe not in death, and that my
sinnes prevaile not against mee.
Worke in mee, ô holie Spirit,
that I may ever desire & covet
that which is most pleasant &
acceptable in thy sight; & that
I haue no desire to will, or not
to wil, but as thou wilt. O God,
most holie, mightie, and mer-

of Godlie Prayers. 99

cifull Saviour, bee mercifull vnto mee, and cast mee not off in my age: forsake mee not, nor shut not thy eares from my prayers: bee mercifull vnto mee, and forgiue mee all my sinnes. Most deare, and blessed Saviour, oh, comfort the soule of thy servant: for vnto thee doe I lift vp my heart & mynd: shoue mee thy mercie, and grant mee thy salvation. Earlie in the morning will I crie vnto thee: for thou art good & gracious, and of great mercie towards them that call vpo thee: deliver mee from amongst the wicked, that I may giue thanks vnto thy holie Name: make me to vnderstand thy trueth: knit my heart vnto thee, that I may feare thy Name. Turne thee vnto mee, and haue mer-

cie vpon mee, and giue mee thy
helpe and succour.

Oh, heare the prayer of thy
servant, Lord, and hide not thy
face from mee, but haue mer-
cie vpon mee; for I will alwayes
call vpon thy Name; therefore
bee thou ever present with
mee, and forsake mee not; but
in the day of Iudgemēt vouch-
safe, ô blessed King, to place
mee amongst thy elect, and ho-
lie people; that I may beholde
the glorious cōutenance of thy
divine Majestie, and be filled
with the exceeding sweetnesse
of thy blessed presence, which
is lyfe everlasting. Grant this, ô
Father, even for thy tender
mercies sake, and for Christ his
sake, So-be-it.

A Prayer for true Repentance.

○ Lord God, which art full
of mercie and compassion,

Godlie Prayers. 101

long-suffering, and of great goodnesse, who continuest thy mercies for thousandes: taking away iniquitie, sinnes, and offences, thou callest, after thy wonted mercie, by thy word, sinners to repentance, & heartie conversion: for vnto all, & everie one, is repentance, and forgiuenesse of sinnes, preached in thy Name. I acknowledge the riches of thy lenitie, patience, and long-suffering, in that thou doest not suddenlie take away sinners from the earth, overthrow them in their wicked deeds doing; but givest them large space to repent: which is a most notable argument, that thou wilt not the death of a sinner, but that he be converted, and liue: for thou art mercifull over all, and forbearst

the sins of men for their amendment: Thou lovest all things which are, and hatest nothing that thou hast made: therefore vnto thee, O moste mercifull God, doe I crye; who knowest the hardnesse of my heart; and that I haue no power of my selfe to rylse vp. Convert mee, therfore, O Lord, and I shal be converted, O show me my offences: that stryking my thighs, I may be heartilie sorie for my sins committed. Heale mee, O Lord, and I shal be whole: saue mee, and I shall bee saved: for thou art my prayse. Behold me a wandering sheepe, readie to perissh. Seeke thy servant, O Lord; that I forget not thy Commandementes. O Iesu Christ, look vpon me with the eyes of pittie; even as thou lookedst on the sinful womā in the banquet;

Godlie Prayers. 103

who prostrate at thy feet, most
bitterly bewayled her wicked-
nesse. Favour me, as thou didst
the *Publicane*; who standing a-
farre off in the Temple, & stry-
king vpon his breast, said, *Lord,*
bee mercifull vnto mee, a sinner.
Grant, deare Saviour, that a-
mongst the feares and terrors of
conscience, I may take holde of
thee, by a lyuelie fayth; who
hast redeemed mee, from the
curse of the Law; and art made
for me wisdome, righteousness,
sanctification, and redemption.
Keep me, O Lord, from despa-
ration: let mee flee to thee, my
Mediator; & thorow faith haue
peace with God. Restore in me
the light of thy Law; that from
my heart I may obey thee, my
Redeemer, & walk in newnesse
of lyfe. Thou who hast suffered
for mee in the flesh, giue mee

grace, that lykwyse in the same
mynd I may bee armed for the
mortification of the flesh: that
I liue not after the lusts of men;
but after the will of God. I am
sorie, that I haue spent the tyme
of my lyfe past in wantonnesse,
lusts, excesse of eating and drin-
king, and other sins & wicked-
nesse. Mollifie my heart, that I
may earnestlie repent all my
former sins and offences, & for
thy most deare mercies sake, O
Lord, forgiue me the same:
keepe the Devill vnder, that he
trouble not my consciēce, with
reckoning vp of my sinnes, or
extenuating thy mercie: but
grant me truelie to come vnto
thee by heartie repentance; and
that I may at all tymes, and in
all places, lifting vp pure hands,
pray vnto thee, and say, Lord,
forgiue mee all my sinnes and

Of Godlie Prayers. 105

offences: & with deepe sighing
and sure confidence, continual-
ly persist in making my prayers,
supplications, intercessions, &
giving of thanks for all thy
temporall and heavenlie bene-
fites and blessings bestowed
vpon mee, Heare, ô Lord, both
now and evermore all my pra-
yers, and grant my requests, for
Iesus Christ his sake, who li-
veth and reygneith with thee in
vnitie of the holy Spirit, a God
now, & for evermore, Amen.

A Prayer for Remission of Sinne.

O Mercifull God, if I wret-
ched Sinner had no pro-
mises in the holie Scriptures, of
thy tender mercies, for the
comfort of my weak cōscience,
and sorrowfull heart, I should
haue no remedie, (my finnes
are so great) but must despayre:
but though my finnes were no-

ver so manie and abhominable,
yet thy loving kindneses are
more innumerable, & thy mer-
cies more infinite: thou wilt
not the death of a sinner, but
that he turne, and liue. Thou
camest into the world, to call
sinners, to saue offenders, to
seeke that which was lost, to
ease those that were loaden
with sinne. O put myne evill
thoughts out of thy sight: wash
me, & make mee cleane: make
mee leaue to doe evill, and
learne to doe good, and applie
my selfe vnto equitie, assist the
oppressed, help the fatherlesse,
heare the widowes; and let my
scarlet sins bee made as white
as snow, and my purple offen-
ces, like pure and white wooll.
Cast my misdeedes behinde
thy backe, and never more re-
member them. Forgiue mee

Of Godlie Prayers, 107

my sinnes: heale my infirmities: saue me from destruction, and crowne mee with mercie and loving-kindnesse: deale not with mee according to my sins, nor reward mee after my wickednesse. Looke how wide the East is from the West, so farre hast thou set my sinnes from me: As a Father pittieeth his owne children, even so art thou mercifull vnto them that feare thee. Thou knowest we are as grasse, and as a flower of the felde, which soone fadeth away: but thy mercifull goodnesse endureth for ever.

O most gentle Saviour, thou art my loving shepheard, who hast sought me running astray, layde me on thy mercifull sholders, and brought me home to the companie of the faithfull. There is no whole part in my

bodie, from the sole of the
foote, to the crowne of the
head, but all is woundes, sores,
and stripes, which can never
bee bound vp, mollified, and
eased, except thou, O Lord,
helpe mee. O God, make cleane
my woundes, powre the wyne
and oyle of spiritnall gladnesse,
I pray thee, into them; binde
them vp, make them perfectly
whole, and bring mee vnto thy
ever-lasting habitation. Heale
me, and I shall be whole: saue
me, and I shall be saved: o Fa-
ther, receaue mee home, em-
brace mee in thy armes, favour
mee, that haue vngodlilie and
lewdlie bestowed thy godlie &
vertuous gifts: which prodigall
living, greatlie grieveth mee:
and I am most heartilie sorie,
that I haue so haynoullic offen-
ded agaynst

ded against thee: I most humble beseech thee to haue mercie vpon mee, forgieue mee my sinnes, and receaue mee into thy favour.

Take from mee the ragges of impietie, and cloathe me with the garment of innocencie, and put on me the shooes of peace, that I may walke in the wayes of thy holy cōmandements: & giue mee grace vnfeignedly to repent, and amende my lyfe, that the Angels in heaven may rejoyce at my conversion: wash me more and more from my sinnes, that I may be cleane, & appeare beautifull in thy glorious sight, and rest for ever in thy heavenlie mansion, Amen.

*A Prayer for Gods Blessings, and
forgiuenesse of our Sinnes.*

O Heauenlie Father, I beseech thee giue mee grace

K

to

110 *The Poſe of*

to flee from all ſinne, drunken-
heſſe, and gluttonie, as from
beaſtlic vices, and peſtilent
peſtilences, and uſe thy good
creatures ſoberly, temperately,
and thankfullie: keepe mee frō
fulfilling the luſts of the fleſh:
let me watch, and pray, that I
fall not into the ſnares of the
devill; and let me liue ſoberlie,
watch warilie, pray continual-
lie, & looke diligentlie for the
comming of my Saviour, that I
may bee readie to enter with
him into everlaſting glorie. O
Saviour, giue me grace to viſit
the ſicke, and priſoners, com-
fort the comfortleſſe, feede the
hungrie, cloathe the naked,
lodge the harbourleſſe, and doe
thoſe things which are moſt
acceptable in thy ſight.

I confeſſe and acknowledge
vnto thee my ſinnes and offen-

Godlie Prayers. III

ces; my trangressions are as infinite as the sandes of the sea: I haue departed from thee, and haue not kept thy commandementes, as thou hast commanded mee: giue mee thy righteousnessse, and forgiue mee all my finnes: finallie, I beseech thee, most mercifull Father, deliver mee from this evill world, humane feare, and all infirmities of the flesh & mind; from false prophets, bad brethren, and lewde persons: defende mee from the handes of my enemies, from all evils, present and to come, both in soule and bodie. Giue me grace to serue thee in good workes; and for thy Names sake, deliver me from all evill. Arme mee with thy holie armour; weapon mee with thy blessed worde: In-

struēt mee by thy holie Spirit,
that I may serue thee in holi-
nesse & righteousness, all the
dayes of my lyfe: breake the
bandes of my sins; shake them
out of thy sight; fullie forgieue
mee all my offences, and let
mee possesse the inheritance of
thy heavenlie kingdome. To
thee, O Father, creator, pro-
tector, governour, and defen-
der, and to thy beloved Sonne,
Iesus Christ our peace-maker,
mercie-seate, redeemer, justifi-
er, and advocate; and the ho-
lie Spirit, our sanctification,
wisedome, teacher, instructor,
and comforter, bee all domi-
nion, power, and glorie, for
ever, and ever, Amen.

*A verie fervent Prayer, for re-
mission of sinnes, and manie
good Petitions.*

GRant mee, moste gracious
God, thankfullie to ac-
knowledge thy great mercie:
make me increase in repentāce,
fayth, prayer, in contemning
the world, in heartie desiring
lyfe everlasting, & thy blessed
presence. Grant mee, O most
gracious Lord, thy holie and
sanctifying Spirit, that I may
heartilie and faythfullie pray
vnto thee, with a pure & cleare
mynde, with an humble and
lowlie heart; accept me into thy
favour, write thy law in myne
heart, and so worke in me, that
I may belieue in thee, feare
thee, loue thee, obey thee, &
serue thee, as thou requirest. O
loving Lord, forgiue me my
vnthaukfulnesse, & all my sins.
O Father, assure me of my
everlasting salvation in Christ:
reueale thy trueth vnto mee,

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confir

confirme, strengthen, and establish mee in the same, that I may liue as a vessel of thy mercie: endew me with the spirit of wisdom: keepe mee, that I follow not the counsell of the wicked, walke not in the way of sinners, nor fulfill the lustes and desires of the flesh: guyde my lyfe, and conduct me that I may doe those thinges that please thee, and hate those that offend thee: fasten mee, and plant mee surelie in the land of the living, and let mee not bee carried away with vehement blastes of the wicked world: direct & order my pathes, that I may walke in thy wayes: arme me with patience, and assist me with thy holie Spirit, that I may shake off the bonds of the wicked, & cast away the yoke of sinne and impietic: so

of Godlie Prayers. 115

guyde mee, that I may alwayes
serue thee in trueth and veritie,
and in true fayth obey thee: I
beseech thee receaue me vnder
thy blessed safe-guard: bee my
buckler; giue mee thy succour,
that I may walke in thy trueth,
before thee, and rejoyce only
in thee. O Lord, heare mee la-
mentable calling vpon thee. O
Christ, who art my righteous-
nesse and innocencie, comfort
mee in all aduersitie; heare mee
mercifullie when I call vpon
thee: make mee liue in awe of
thee, and evermore be affraide
to offend thee, or sinne against
thee: giue mee the light of thy
countenance, and let mee feele
and taste thy favourable good-
nesse. Grant mee peace & tran-
quilitie, firme hope, and stead-
fast fayth in thee. Haue com-
passion on mee, for I am sore

vexed: heale my ſoule, helpe mee, and deliver mee from all my finnes: for thy mercies ſake heare my lamentable voyce, heare myorrowfull cry, grant my petitions, confounde my enemies, deliver mee from all inconveniences, free me from all grieve and heavineſſe: grant I be not overcome with the deceiptes of the wicked: lighten my eyes, that I may rightlie deſoerne thee, and walke conſtantlie in the way of trueth, through a ſteadfaſt ſayth. O Lord God, conſider me, regard mee with the eyes of thy mercie: keep me fro ſin, & ſinners: let my heart rejoyce in thy ſalvation, that I may ſing praiſes, and render thanks to thee, for that thou haſt delivered me from all my finnes and transgreſſions: Free me from all im-

of Godlie Prayers. 117

pietie & ignorance, that I may earnestlie seeke thee. O keepe mee, as the apple of thyne eye: defende mee vnder the shadow of thy winges, and satisfie me with the desire of thy Coelestiall glorie: shewe me thy wayes, and teach me thy pathes: deliver me from all vngodlinesse: wpe out all my sinnes and offences, and clearlie forgiue me all my misdeeds, for thy most deare mercies sake, Amen.

*A most godlie Prayer for Repen-
tance, and Lyfe everlasting.*

O God Almighty, that hast created mee of nothing, in the coelestiall forme of man-kynde, and by thy holie word governed, and taught me to know, confesse, honour, and serue thy omnipotent maiestie; so as where I was far from thee by sinne, I am now, by thy

118 *The Posie of*

grace, brought neare thee, and reconcited to thy favour, as a sonne: therefore, as one environed with manie sorrowes, perils, wretchednesses, and calamities, amidst the swarmes of innumerable enemies, which seeke to spoyle mee, I call for thy helpe, who art the onelie sure and invincible fortresse, wherein I may bee saved. O Father, stretch forth thy mightie hand, and giue mee a joyfull victorie agaynst the power of the malicious enemies, which would spoile mee: from the bottome of my heart I cry vnto thee, to saue mee; & for the loue of thy deare Sonne deliver mee from all sinne, and the power of darknesse: and by thy holie Spirit leade and guyde me in the light & paths of thy most glorious and hea-

Godlie Prayers. 419

venlie grace, that in this short and transitorie life (beset roūd with manie stormes, perils, & deceipts to perdition) I may alwayes cleaue fast vnto thee; and vtterlie despying al earthlie pompe and vanities, I may poss vnto the port of perpetuall peace and safetie; there to possesse the triumphant and eternall joyes which are prepared for thyne Elect.

Open the eyes of thy Fatherlie pittie, I beseech thee, and giue mee grace earnestlie to repent all my misdeedes. Put away my sinnes, & forgiue mee all my offences: renewe whatsoever is decayed in me, either by the fraude and deceipt of the devill, the vanities of the wicked world, or my owne frailtie, and carnall will: let mee put my whole trust in thy

120 *The Posie of*
mercie: impute not my finnes
vnto me, but take mee into thy
favour and blessing. Strengthen
mee with thy holie Spirit:
powre vpon mee the manifold
gites of thy grace, even the
Spirit of wisdom, truth,
meeknesse, loue, peace, and
patience, that I may liue heere
in this world godlike and ver-
tuouse, die in thy faith & feare;
& hereafter reygne with thee
in the world to come, even in
ever-lasting glorie, for ever,
A M E N.

*A Prayer of Thanksgiving, and
for Remission of finnes.*

○ Almighty, and eternall
God, our gracious & mer-
cifull Father, all prayse, honor,
& glorie, bee given vnto thee:
O let mee extoll and prayse thy
Name for ever and ever; for
thou.

Godlie Prayers. 121

thou hearest my prayers, grantest my requestes, and abundantlie powrest thy graces and benefites vpon mee: thou didst choose me before al eternities, didst wryte my name in thy booke, and madest mee fellow-heir of thy everlasting kingdom. I will prayse thee, for creating me after thy owne similitude & image, in wisdom, innocencie, holinesse, and righteousness, little inferiour to the Angels: for redeeming my soule and bodie from destruction; for forgiving mee my sinnes, and delivering mee from everlasting death. I thanke thee, for that precious Jewell of thy most sacred word; for teaching and comforting mee, for preserving my soule, and my bodie in health, peace, & libertie, for

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the

the vse of thy good creatures,
both for my necessitie and de-
light, for food to nowrish me,
apparell to cloathe me, the be-
nefit of rest to refresh me. O
gracious God, giue mee thy
speciall grace, that I may mor-
ning and evening, and at all
tymes, prayse and highlie mag-
nifie thee, and ever offer this
sacrifice, even the calues of my
lips, vnto thy heauenlie ma-
jestie; sanctifie my senses to thy
honour and glorie, charge thy
Angels to pitch their tents a-
bout mee, and saue mee. Giue
me power and strength against
Satan, sinne, iniquitie, and all
vngodlinesse, & let mee never
more offend thee: blesse myne
endeuours, the beginninges &
issues of all my effaires: fill my
heart with thakfulnesse to thee,
and charitie to others; protect

Of Godlie Prayers. 123

mee in all places, defende mee from all dangers, and let thy blessings be with mee where-so-ever I become. O Lord, grant me grace still to prayse thee, and ever heartilie to pray vnto thee: good Lord, heare me, and freelie forgiue mee all my sinnes, for Iesus Christ sake: to whome with thee and the holie Ghost, be all prayse, thanks, honour, and glorie, now and evermore, Amen.

A devote Prayer, for Repentance, and all other things whatsoever needfull, & for lyfe everlasting.

O Most mightie God of Angels and men, whose wisdom is infinit, and judgements vnsearchable, heare the prayer of thy servant, and giue care to the humble petitions of thy poore creature: O let mee inclyne my soule vnto thee, and

set my eyes vpon thee: turne
thy anger away from mee, and
let me finde fauour in thy sight.
Heale my soule, which hath
sinned: free mee from my trans-
gressions: plucke mee from my
offences: for I acknowledge my
faultes, and am sorie for my
sinnes. Pryde and arrogancie
haue beguyled mee: foolish
boldnesse hath over-taken mee,
and my owne counsels and de-
uises mis-led mee, Thou hast
counselled mee, and I followed
it not: thou didst stryke mee,
& I regarded it not: thou didst
correct mee, and I receaved not
thy discipline. Yet haue mercie
vpon mee, ô Lord, I most hum-
blie beseech thee, & heare my
prayers: forgiue the sinnes of
my youth, and turne all thy dis-
pleasure from mee. Come vnto
mee, ô Lord, and saue mee: de-

Of Godly Prayers. 725

stroy not my soule, whome
thou hast so mightilie redee-
med; but aryse, and deliver
me: saue me, for thy mercies
sake: grant mee sorrow for my
sinnes, and a fountaine of tears
for my offences, that I may day-
lie bewaile my iniquitie. Let
my prayer enter into thy pre-
sence, and my crye come vnto
thee. Helpe me in my troubles,
heare my prayers, and freelic
forgiue mee all my sinnes. O
God Almighty, beholde me
thy vnworthie seruant: giue
mee thy holie Spirit, seruentlie
to desire thy Kingdome, ac-
knowledge thy will, and worke
there-after. Giue me wisdom,
constancie, patience, & strength
in thee: let thy mightie arme
preserue me from the invasion
of the Devill, the cursings of
evill.

L 3

evill tongues, and the malignitie of the wicked world. Giue mee grace to repent my misdeedes, bee sorie for my sins, and penitent for my offences. Make mee loue Iustice, hate wrong, and abstaine from evill. Take care of my soule, forgieue me my sinnes, and saue me thy servant. Giue me what thou wilt, as much (or as little) as thou wilt: and when thou wilt doe with mee as thou wilt: put mee where thou wilt; and in all things rule me even as thou wilt. Grant me grace to despise worldlie vanities, mortifie carnall affections, and giue my mynde whollie vnto heavenlie meditations: assist me with thy grace, strengthen mee with thy heavenlie power, comfort mee with thy holie Spirit, that neither my cruell enemy, my

Of Godlie Prayers. 127

wretched flesh, or subtil spir-
rit, haue dominion over mee.
Deliver mee, ô Lord, I beseech
thee, from the cares of this
world:keepe mee from bodilie
necessities, let me not bee over-
come with voluptuous pleasures
of the worlde, the allurements
of the flesh, or instigation of
the Devill. Let not flesh and
blood over-come mee, the
worlde, with its vaine-glorie,
deceau me, nor the Fiende,
with his manifolde craftes, to
supplant me: but giue me gho-
stlie strength in resisting them,
patience in suffering them, and
constancie in persevering vnto
the ende. Giue me, for world-
lie delights, the sweete conso-
lation of thy holie Spirit; for
fleshlie loue, the fervent loue
of thee, and thy heavenlie wis-
dome, that I may seeke thee,

finde thee, & aboue all thinges
 faythfullie serue thee: in temp-
 tation strengthen me, in tribu-
 lation succour mee, and from
 all enemies, both ghostlie and
 bodilie, freelie deliver mee.
 Giue mee grace to despyse all
 worldlie thinges, all motions
 of sinne, and let no vanities
 deceaue mee. Ende, O Lord,
 my miseries, deliver mee from
 the bondage of sinne, & grant
 mee a full sight & contempla-
 tion of thy glorie, thorow Ie-
 sus Christ, my Lord, who li-
 veth and reyneth with thee,
 and the holie Ghoste, worlde
 without ende. Amen.

*A Prayer, or Meditation, where-
 by the contemplation of Light
 & Darknesse is stirred vp, with
 a remembrance of the shortnesse
 of our lyfe, and for lyfe ever-
 lasting.*

AS my bodie, O Lord, is
compassed with thy blef-
sed light, so let my mynde with
thy heavenlie light bee illumi-
nated: and as thou givest mee
corporall light, so I beseech
thee giue me spirituall light:
for I surelie belieue, that my
bodie shall bee as cleare as the
Sunne in the day of Iudgemēt:
and as the Sunne ryseth in the
morning, is highest at noone,
and in the evening draweth
down-wards, so my lyfe, & all
things in this world, (how
glorious soever) being at the
highest, decrease, and weare
away: grant mee, therefore, O
God, a quiet and contented
mynde, which is most lyke thy
holie nature. And as houses are
ordayned to keepe vs from the
injurie of weather, crueltie of
beasts, disquietnes of the peo-
ple, and other dangers of the

world; so grant, most gracious Father, that my bodie may enter into thy heavenlie mansion, where-in both my soule and bodie may haue rest, peace, and joye, for ever.

Oh, take from mee this vaile of sinne, and let me ever haue cleare light in my mynde; and as I am not sorie when the Sunne goeth downe, so let mee rejoyce in death, where-by I come to thy heavenlie habitation. Thou who art the author of light, take away the dimnes of the mynde, and let mee see clearlie. Let thy word be a lanterne vnto my feete, and a light vnto my pathes. As after the day, I giue my selfe to rest in the night; even so, most meeke Father, governe and prepare mee, that after this life I may rest and liue with thee in

of Godlie Prayers. 131

eternall glorie. Nothing so like
lyfe, as day: nothing so lyke
death, as night: nothing so like
the graue, as the bed: and, as
I feare not to enter into my
bed, and sleepe, so let me not
feare to die, but prepare my
selfe for it; that after the temp-
tations, troubles, and tempests
of this world bee ended, I may
enjoye that heavenlie, pleasant,
and delectable rest, which is
prepared for thy elect: which
grant mee, sweete Father, for
thy Sonne my Saviour Christ
Iesus his sake: to whom, with
thee, and the holy Ghost, bee
all honour, & glorie, Amen.

*A Prayer, to spende our lyfe so, as
we may liue in heaue eternallie.*

DEare Father, God of Hea-
ven and Earth, I miserable
and sinfull creature, doe pro-
strate my selfe before thy Ma-

132 *The Poſie of*

jeſſie, deſiring thee from the
bottome of my heart to bee
mercifull vnto me: and though
I bee not worthie to receaue
the leaſt favour of thee, and
from thee, yet of thy fatherlie
care over me, thou giveſt me
thy bleſſings abundantlie: yet
my weake nature is ſuch, as I
forget from whence theſe good
graces flowe; and I am no
wayes thankfull for the ſame:
but lyke the gurmundizing
glutton, continue in my vaine
deſires, and worldlie pleaſures,
which in a moment ſhall va-
niſh: endewe mee, therefore,
moſt deare Father, with thy
holie Spirit, and giue me grace
to ſpende the ſhort pilgrimage
of my lyfe whollie in thy teſti-
monies, that I may joye in the
ſervice of thee, and continual-
lie be

Godlie Prayers. 133

lie be carefull to please thee so
that when as thou shalt mow
and reape vp the roote of this
transitorie lyfe, I may bee rea-
die, lyke the wyse virgins, with
my lampe burning; that so pas-
sing from this darke vaile of
miserie, I may be receaved to
thy bright joye, and everlasting
habitation, A M E N.

*A Prayer to God to take care of
vs, preserve vs, and forgave vs
our Synnes.*

O Father, that madeſt the
light, lighten my eyes, that
I ſleepe not in death, and let
not my enemies or ſins prevaile
againſt mee: driue from me the
darknes of ignorance, and illu-
minate me with thy holie Spi-
rit, that I may deſpyſe the de-
ceatfull delights of this world,
and earneſtlic ſtryue for the
M true

134 *The Posie of*

true joyes of heaven, that I may
heartilie forsake all transitorie
thinges, and endeavour to at-
taine to thinges eternall: pre-
serue me from the assaultes of
the-devill, keepe mee from all
sinne, and deliver me from sud-
den death: grant mee solace in
tribulation, assistance in temp-
tation, and after death saue me
from condemnation. I beseech
thee, and from the bottome of
my heart entreat thee, to direct
mee in the way of thy Com-
mandementes, that I may be-
gin, continue, and ende my life
to thy glorie, and the salvation
of my soule: keepe mee from
sinne, restraine mee from ini-
quitie, coole the heate of my
concupiscence that rangeth in
mee; let me leade the remnant
of my lyfe in thy feare & loue;
direct my heart, bodie, senses,

Godlie Prayers. 135

speeches, & actions in thy law,
and works of thy Commande-
ments, that leaving the delights
of this world, I may thirst for
thy Kingdome. Curbe the De-
vill, that he hurt me not. Grant
me thy mercie, and forgiue me
my sins. Farthermore, O Lord,
giue me puritie of heart, auste-
ritie of the flesh, and mortifica-
tion of my appetits. Watch my
eys, and brydle my tongue: let
me desire nothing but thee, &
be evermore myndfull of thee.
Giue me humilitie of heart, pa-
tience, obedience, meeknesse,
charitie, constancie; and endew
mee with thy heavenlie grace,
and Christian goodnesse, even
for evermore: Amen.

*A prayer, for Gods ayde and pro-
tection in all our Essayes.*

O Omnipotent and eternall
God, who art the Lyfe, the

Way, and the Trueth: behold,
I walk amongst the temptations
of the Devill, the snares of the
world, and frayltie of the flesh:
open, therefore, O Lord, myne
eys: be thou my guyde, & con-
duct me aright: be in my way,
O Lord, my succour & solace;
in heat, a shelter; in cold, a gar-
ment; in wearinesse, a rest; in ad-
versitie, a helper; in shipwrack,
a havē. Guyde me in thy paths,
& teach me thy statutes. Beate
me down, and humble me, that
I trust not in earthlie thinges:
but erect my spirit and mind to
heaven, and there to fasten my
hope. Direct my intent vnto
that ende; and let me so live on
earth, as I may be receaved in-
to thy ever-lasting Kingdome.
Grant that I may learne so to
rest in thee, & trust in thy bles-
sings, that I may abstayne from

Godlie Prayers. 137

all euill, looke after heauenlie riches, & learne to be content with what it shal please thee to bestow vpon me. LORD, haue mercie vpon me, and heare my prayers: turne my sinnes from thee, and saue me, even for thy mercies sake. There is none that can heare mee, nor deliver my soule, but onlie thou, O Lord. My destruction, alace, cometh of my selfe; but my hope & salvation standeth onelie in thee. In the tyme of reconciliation heare mee: in the day of death deliver me, and, for thy mercie sake haue mercie vpon mee. Be mercifull vnto mee, who haue none but thee to helpe me. Destroy me not because of my iniquitie; nor be no longer angrie with me. Let my prayers ascend vnto thee; & be thou my health

M

3

and

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and saluation. I acknowledge, I
haue manie ways frō my youth
hitherto moste grievouslie of-
fended thy divine Majestie; for
which, O God, bee mercifull
vnto me, a most wretched sin-
ner. O, forgiue all that is past:
saue and defende mee from all
ewill hereafter: confirme me in
a godly life, to the honor of thy
blesse Name, for ever, Amen.

*A very godly prayer, for for-
giuenesse of sinnes.*

O Heavenlie Lord, Omni-
potent & eternall Father,
I blesse thy Divine Majestie; I
praise thy infinite bountie and
mercie; I magnifie thy eternall
wisdom and trueth; who with
thy mightie hand hast ever de-
fended me from all perils, dan-
gers, & enemies. Comfort me,
cherish me, maintaine me, and
for ever hereafter defend mee,

Godlie Prayers. 139

that my mouth may set forth
thy glorie. Praise the Lord, O
my soule, I wil praise the Lord,
and al my life sing praises vnto
his holie Name. Preserue and
defend my soule, & body, from
all perils: keep me fro worldlie
slanders: dryue my enemies fro
me: guard and protect me, that
I neuer offende thee, nor with
my vglie sins grieue thee. Early
in the morning let mee seeke
thee: in the evening let mee
praise thee; and be ever careful
to please thee. Punish mee not
according to my sinnes; but be
mercifull vnto mee, even for
thy great goodnesse, & tender
mercie sake. Reproue me not,
O Lord, in thy anger, nor cha-
stise mee in my wickednesse.
Show me thy mercy; and grant
me thy saluation: free mee thy
anger: deliver me from sudden

death, & ſaue me from eternall
damnation. Grant that I may
ſo follow holineſſe all my lyfe,
that thy glory may ſhine in my
good workes, and that I may
enterpryze nothing, but that
which ſhall be to thy prayſe &
glorie. Exempt mee from the
world, and all filthineſſe of the
fleſh. Keep me ſo diligently, that
I may ever followe true good-
neſſe & pietie. Grant I may ap-
plie my heart vnto thee: purge
it from all immunditie, and fil-
thineſſe. Make me hencefoorth
to abſtayne from all evill deeds,
deceats, & crueltie. Deliver me
from ſin, wickednes, & all evil.
Send thy holie Angel, to guyde
me in my doings, and keep me
in thy ways; that I may neither
doe, thinke, or will, anie thing
contrarie to thy holie will and
Cōmandements. Let me ſing &

of Godlie Prayers. 141

reioice before thee; worship & serue thee; and come into thy presence with mirth. Thou madeest mee: I am a sheepe of thy flock. Remember not, O Lord, the ignorances of my youth: but according vnto thy great mercie bee myndfull of mee. Turn my wayling into joy: cut my sack of sorrow in pieces, & cloathe me with heauely gladnes; that I may sing to thy glorie, world without end, Amen.

A prayr for a sinner, craving Gods grace, to keepe him from sinne; and after this lyfe, to grant him Lyfe ever-lasting.

O Lord, let thy graces spring in my heart; suffer me not to perish with the vngodly, direct me with thy rule of justice, make plaine thy way before mee, lest the wicked spirit put mee out of it. Defende mee

with thy grace, as a shield: gather mee vnder thy wings, and keepe me safe amongst thy feathers: send thy trueth & light to leade mee, and bring mee to thy holy dwelling. O my soule, trust in the Lord, hee is my God, and my helper. Haue mercie vpon me, O Lord, thou God of all things, haue respect vnto mee; send mee thy feare, & bestow on mee thy mercie.

Awake, o my soule, & stand vp from death, that Christ may lighten thee with the beames of his mercie. Showe mee the way that I shall walke in, and deliver mee from my enemies, for I flee vnto thee. Teach mee to doe those thinges that shall please thee; let me put my trust in thee, & haue mercie on me. Look vpo my aduersitie & miserie, & forgiue me my sins. O

of Godlie Prayers. 143

keepe my soule, and delyver mee, and let mee never bee confounded; but bee mercifull vnto mee, and haue mercie vpon mee. Watch, O my soule, for thou knowest not when the Lord will come: watch, and pray, O my soule, that thou enter not into temptation: watch, O my soule, fast, and pray, and bee strong in faith. Set a watch, O Lord, before my mouth, & keepe the doore of my lips, & let not my heart bee inclyned to euill. O keepe mee in thy pathes, that my foot-steps slide not, Heare mee, & haue mercie vpon mee; knit my heart vnto thee, that I may feare thy Name: ponder my wayes, consider my meditations, and mercifullie heare mee; leade mee in the right way, let no wickednesse haue dominion over

mee: turne all voluptuousnesse
from mee, take from me the
lusts of the flesh: let not vn-
cleannesse take holde of mee,
giue mee not over to an obsti-
nate mynde: turne my eyes a-
way from vanities, let thy lo-
ving mercies come vnto mee.
Suffer mee not, O Lord, to en-
ter into the way of sinners; but
when-so-ever thorow frailtie
of my corrupt nature I run a-
stray, then, O Lord, stay mee,
and plucke me backe againe,
that I may ioye in the desire of
thy law, that I may ever
choose, and doe those thinges
which are most acceptable vn-
to thee, & hate all that are dis-
pleasant vnto thee. Plant mee
by the waters side, and let me
bring forth fruite to thy ho-
nour and glorie. Grant that I
may

Of Godlie Prayers. 145

may stand in the assemblie of the righteous, that I may escape all punishment, bee delivered from condemnation, and with thy blessed Sainctes, and holie Angels, liue in ever-lasting glorie, even for ever and ever, world without ende, Amen.

A Confession of sinnes, necessarie to bee sayde at all tymes: where-in also the sinner asketh forgiveness of sinnes.

O God, and most mercifull Father, be mercifull vnto mee, for manie enemies fight against mee. O God most high, I here prostrate, in heart confesse my abominable wickednesse, where-in all my lyfe long I haue offended thy heauenlie Majestie, in thought, word, and deed, which are infinite, & cannot be numbred:

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make

make them, o Lord, odious & grievous vnto mee: make them detestable in my sight: giue me the grace of true repentance: grant vnto me, sinfull wretch, the forgiuenes of all my sins, & release me from all paine due vnto mee for the same. Thou hast commanded vs to aske & pray, and thou wilt forgiue; to knock, & thou wilt open: grant me, O Father, I beseech thee, a continuall and steadfast faith, and onelie hope in thee, and in Christ Iesus, that I may crye, o God the Father, haue mercie vpon mee; o God the Sonne, haue mercie vpon mee; o God the holie Ghost, haue mercie vpon mee; o glorious & blessed Trinitie, haue mercie vpon me, and forgiue me all my sinnes and wickednesse, which I haue committed and done ever since

Of Godlie Prayers. 147

I came in to this miserable worlde, vntill this present houre. And grant, O Father, I most wretched sinner beseech thee, that I never heere-after fall into anie sinnes or offences. Defend me against all my enemies, the Devill, the world, & the flesh. O Christ, who camest into the world, to ease those that were loaden, to seeke those that were lost, to call sinners to repentance, and to giue lyfe ever-lasting to the faythfull. I poore sinfull creature, from the verie bottome of my heart bewaile and lament my wretched and sinfull life; beseeching thee, according to thy promise, to bee mercifull vnto mee, and to bee my mediatour vnto God the Father for me, that hee may fullie and freelie forgiue me all my sins, whatsoever formerlie

I haue committed against thee;
and whollie possesse my heart
with thy holie Spirit, that hee
may defende mee against al pe-
rils to come, which the Devill,
the world, or the flesh imagi-
neth against mee: & so change
mee into a newe man, that my
olde sinnes being washed away
by thy precious Blood, I may
walke from vertue to vertue,
even to the prayse of thy blef-
sed Name, Amen.

*A generall confession of Sinnes,
with a Prayer for Remission of
the same.*

O Most mercifull Lord God,
most deare and tender Fa-
ther, vouchsafe, I beseech thee,
to looke downe with thy Fa-
therlie eyes of pittie vpon mee,
most vylde and wretched sin-
ner, which herein heartily pro-
strate before the feete of thy

Of Godlie Prayers. 149

bottomlesse mercie, I am not
worthie to be called thy sonne:
but for that thou art the God
and Father of all comfort, and
desirest not the death of a sin-
ner, but takest care to cure my
wounded soule, powre, I pray
thee, the precious oyle of thy
sweet comfort into my wounds,
that I may joyfullie run in-
to the lappe of thy ever-la-
sting pittie. Thou art my hope,
and trust, in whome I onelie
repose my selfe: I accuse my
selfe here before thee, that I
haue sore & grievouslie offen-
ded thy Almighty Majestie, in
committing such vylde and so
manifolde sinnes and wicked-
nesses, and that I haue not kept
the least of thy holy Comman-
dements, as thy righteousnesse
requireth of me. I haue not ho-

N 3

noured

noured thee as a GOD, nor
dread thee lyke a Lord, nor lo-
ved thee like a Father, nor vsed
thee as my Saviour. I haue vsed
thy holie and dreadfull Name
in vaine: I haue followed the
prince of this world, in concu-
piscence of the flesh, in pryde
of living, in covetousnesse, in
gluttonie, in hatred, in enuye,
in backe-byting, in despare, &
in miss-beliefe: but in what
manner so-ever I haue offen-
ded thy most Godlie Majestie,
I am heartilie sorie for it, even
from the verie bottome of my
heart: & in token of my heartie
repentance, I knocke and strike
my breast: and in the verie bit-
ternes of my soule, I say, Lord
God Father, haue mercie vpon
mee; Lord God Sonne, haue
mercie vpon mee; Lord God
holie Ghost, haue mercie vpon

Of Godlie Prayers. 151

mee. Spare mee, of thy infinite mercy, & grant me thy abundant grace, that I may change my sinfull lyfe, put off the olde man, with all concupiscence, that I may die vnto the world, & the world vnto me: strengthen my heart in true humilitie, perfect loue, hope, & trust in thee: giue my soule grace to desire onelie to rejoyce and repose my life in thee, that I may vtterlie forsake the vaine affiance of the world, that I may bee readie to goe with thee, whensoever thou shalt come vpon mee. Bee thou, O Lord, alwayes vnto mee a tower of strength, a place of refuge, & defend mee against the Fiende, & al desperation: let thy comfort cleaue vnto mee, thy mercie keepe mee, and thy grace guyde mee. Take, O Father,

that thou hast made: take, O Sonne, that thou hast dearlie bought with thy most precious blood: take, O holie Ghost, that thou hast kept and preserved by thy grace, to drawe mee neare vnto thee. Heare my prayers, forgiue mee my offences, comfort mee in my afflictions, let my ghoslie enemy haue no power over mee, but giue me strength to withstand his deceitfull snares: let mee liue to thy glorie, and my comfort, die in thy true fayth, and rest with thee in thy everlasting Kingdome, Amen.

Another Prayer for forgiveness of sinnes, and to bee guyded by the grace of God, to preserue and keepe vs.

O H, maker of Heaven and Earth, King of kinges, and Lord of lords, who of nothing

Of Godly Prayers. 153

diddest make me after thy owne Image, diddest redeeme me with thy moste precious blood; I am not worthie in my heart to thinke on thee, nor in my mouth to name thee: therefore I humblie desire thee, and meekelie pray thee, gentlie to beholde mee thy vnworthie servant, and haue mercie vpon mee, as thou haddest on the woman of *Canaan*.

Vnto thee I confesse my sins, haue mercie vpon mee, Lord, for I haue most grievously offended thee, in pride, covetousnesse, lecherie, vaine-glorie, hatred, envie, adulterie, in dissolute and wanton living, in ydle words, in thinking, sleeping, & doing al things wherein frayle man might sinne: therefore, I most humblie pray and beseech thy goodnesse,

to haue mercie vpon mee, and
forgiue mee al my finnes: thou
art my hope, truſt, and defen-
der; my helpe, ſtrength, lyfe,
health, reſurrection, and re-
demption; I therefore moſte
humblelie pray and beſeech thee,
helpe mee, defende mee, make
mee ſtrong, and comfort mee:
viſit mee, and receaue mee, I
am thy ſervant, & bond-man,
though euill, and a ſinner:
therefore I flee vnto thee, to
bee receaved: if I be vncleane,
thou canſt make mee cleane; if
I be ſicke, thou canſt heale mee;
if I bee dead, thou canſt reuiue
mee; for thy mercie is more
than my finnes, and thou canſt
forgiue more than I can offend.
Therefore, O Lord, conſider
not the number of my offences,
but according to thy great
mercie, haue mercie vpon me:

of Godlie Prayers. 155

say vnto my soule, thou art my
saluation. O bee not angrie
with mee, but, most meeke Fa-
ther, for thy mercies sake, for-
giue me all my misdeeds: grant
that I may truelie know thee,
with my heart belieue thee, &
mouth confesse thee: purifie my
heart with the fire of loue,
mortifie in mee whatsoeuer
is amisse, garnish my mynde
with thy heavenlie benefites,
and Spirituall gifts: arme my
soule against the craftie assaults
of the subtill serpent, the vaine
pleasures of the world, and the
lewde lustes of the filthie flesh.

O Saviour, haue mercie on
mee, who haue committed
manie sinnes against thee, and
haue miss-spent the giftes of
graces which thou so lovinglie
didst giue mee: bee mercifull
vnto mee, O bountifull Lord,

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and I will whollie put my trust
and confidence in thy mercie.
Let me ever dread thee, loue
thee, and serue thee, with all
my heart, mynde, will, might,
power, and strength, of soule
and bodie: and grant, that I
may doe all thinges according
to thy will: let all my offences
bee forgotten before thee, and
make mee perseuer in vertuous
living, that I may order my
lyfe in this world to thy will
and pleasure: let mee depart
out of this world in a cleane &
pure lyfe, even to thy glorie, &
for the comfort and salvation
of my sillie soule. And moſte
mercifull Lord, I pray thee
giue me steadfast sayth, true
hope, and seruent charitie: giue
mee thy grace, and mercifullie
ayde me, in all my wayes, to
perſue

Godlie Prayers. 157

persue and follow thy will and Commandements, to eschew my owne frayle will & desires, and all false entysementes; so that in this life I may liue a true Christian, and after death beholde thy most glorious face in Heaven, Amen.

A deuote prayer, for all Christians,

O Lord, who hast vouchsafed of thy vnspeakeable goodnes to make & ordain me thy creature, to liue in this transitorie lyfe, giving mee a reasonable soule, by which I knowe thee, my Lord, and my God. O most blessed Lord, I wretched sinner, confesse my wickednesses, & abominable sinnes, and humbly aske thee mercie and forgiuenesse for the same. Grant me thy strength, to stand sure in fayth; thy
O know-

knowledge, to worke thy blessed will; thy power, to resist all errours, and wicked imaginations; thy wisdom, to knowe the truth; and giue mee thy helpe, I humbly beseech thee, that thy holy Spirit may guyde mee, and all the thoughts and desires of my heart: for the thoughts of men are miserable, and their deedes vncertaine. Comfort my soule, therefore, and let it walke in thy lawes & wayes, to worke thy will. Suffer no worldlie perswasions to take place or roote in my heart, but by thy holie Spirit so direct my wayes and works, that they may be acceptable in thy sight. O suffer not my soule to perish, which thou hast so dearly bought; but haue mercie vpon mee: make me poore in spirit, low in heart, content with my

Godlie Prayers. 159

calling, and let my soule rest
in thee: let mee loue thee as a
Father, a forgiver, a Saviour;
and feare thee as a Lord, a
judge, a revenger. O Father,
put from mee my sinne & wic-
kednesse: make mee to walke
in the way of thy Commande-
mentes: let mee reverentlie
feare thee, and stand in awe of
thy judgements: let mee loue
thee, as a Saviour; honour thee,
as a Lord, and feare thee, as a
judge. Grant mee grace to set
thy feare before mee, to stand
in awe of thee, and thy judge-
mentes; that I doe nothing to
provoke thy heaueie displeasure
against mee, that I may ever
walke in thy feare & holy ordi-
nances, and imbrace those ver-
tues which shall evidentlie de-
clare my saythfull loue, true

O 2

honour,

honour, vnfeygnd repentance,
and humble feare & due obe-
dience ever towards thee. Haue
mercie, pittie, and compassion
vpon mee, most miserable sin-
ner; for my offences are hor-
rible, great, and grievous; but
I appeale to thy mercie, which
is aboue thy workes. O let me
liue with thee eternallie, and
not die; though I haue deser-
ued it: make mee a vessell of
thy mercie, that I may prayse
thy Name: let not my sinnes se-
uer mee from thee, but let mee
magnifie thy power & mercie.
O gracious God, giue me true,
heartie, earnest, and vnfeygnd
repentance, that I may from
the bottome of my heart con-
tinuallie lament my manifolde
sinnes and transgressions, my
vnthankfulnesse towards thee
for all thy mercifull benefites

of Godlie Prayers. 161

aboundantlie bestowed vpon mee. Alace, that ever I became so wicked, and vnkynde a creature, to displease so good a Lord, so loving and mercifull a Father. O forgiue mee all my sinnes that ever I haue committed against thee: let mee never more offende thee, but alwayes gladlie serue thee, in righteousnesse and holinesse all the dayes of my lyfe: governe and guyde my heart in thy fayth, feare, and loue, that in all my thoughts, wordes, and deedes, I may glorifie thy holy Name; to whom be all glorie, prayse, power, and dominion, now, and evermore, Amen.

*A saythfull Prayer, verie fit
for all persons.*

O Most excellent goodnesse,
with draw not thy mer-

O 3

cie:

cie: O most mightie maker,
despyse not thy worke: ô most
prudent redeemer, suffer me
not (the pryce of thy redemp-
tion) to perish: ô most gentle,
ghostlie, and heavenlie host,
purifie, saue, dresse, and keepe
thy house and dwelling place
in mee: O most blessed, cha-
ritable, sweete and bounteous
Iesu: O most excellent, glo-
rious, mercifull, deare Iesu, &
sweete Saviour, haue mercie
vpon mee, and frelie forgiue
mee all my sinnes: ô make mee
loue thee, turne to thee, and
bee sorie, and contrite for my
wickednesse: let mee remem-
ber thy benefites, meeknesse,
painfull and bitter passion; thy
patience, obedience, loue, and
charitie: sanctifie mee, that I
may worship thee, magnifie
thee, and heartilie loue thee,

Godlie Prayers. 163

even with due reverence, and true devotion. As thou art most dreadfull, make mee to dread thee; as my Father, to loue thee; as my Lord, to serue and honour thee. O dwell in my soule by grace, mercie, charitie, and cleanness. O wounde my heart with thy most holie woundes: moyst my mynde, with thy most precious blood, that whatsoever I doe, or wheresoever I turne me, I may beholde thee crucified: and thus beholding thee, I may fixe my mynde on nothing but onlie on thee: and I beseech thee, that thou wilt vouchsafe of thy goodnesse, to direct, sanctifie, and keepe my soule & my bodie, my senses, talke, communication, and all my doings, in thy holie lawes, and workes of thy Commandementes: that

164. *The Posie of*
thy holie Angell may bee with
mee, to direct me in the way
of peace, trueth & health; that
I may bee whole, safe, and free
in thee, and by thee, both here,
and in the worlde to come.
Heare mee, and saue mee, O
King of glorie, who livest and
reygneest, world without ende.

A M E N.

*A verie godlie Prayer, beseeching
God to take from vs all evill
things, and to giue vs all good
things.*

Glue, O Lord God, vnto
my heart, repentance; to
my spirit, contrition; to my eys,
a fountayne of teares; to my
handes, aboundance of almes:
put out of me the desire of the
flesh, & kindle in mee the fire
of thy loue: thrust out of mee
the spirit of pryde, and vayne
glorie, & giue mee true humi-

Godlie Prayers. 165

litie: take away from mee, O Lord, the furie of anger, and giue mee the buckler of patience: plucke from mee rancour, and malice of mynde, & giue mee meeknesse of Soule: giue mee, gentle Father, a steadfast fayth, sure hope, and continuall charitie. O God, turne from mee vanitie, vnconstantnesse of mynde, wantonnesse of bodie, lewdnesse of talke, highnesse of mynde, excesse of diet, cvill speaking of my neyghbours, covetousnesse of riches, griedinesse to rule, desire of vaine-glorie, the vyce of flattering, despyling the poore, oppressing the weake, vnstable avarice, and deadlie blasphemie.

More-over, O Lord, take from mee vndeccent rashnesse, stubbornnesse, vnquyetnesse,

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ydlenesse, sluggishnesse, dul-
nesse, blindnesse of heart, ob-
stinancie of vnderstanding,
crueltie of condition, disobe-
dience of that which is good:
and giue mee, O God, for thy
deare Sonnes sake, the workes
of mercie, & affections of pie-
tie, to suffer with the afflicted,
to counsell the euill, helpe the
miserable, succour the needie,
comfort the sad, ayde the op-
pressed, relieue the poore,
moane them that weepe, par-
don my debtors, forgiue them
that offende mee, loue them
that hate mee, doe good for
euill, embrace vertue, reject
vice, and liue in all goodnesse.
O God, make mee rich with
thy giftes, defende mee with
thy munition, giue mee the
strength of thy salvation, bee
my shadow in the day of battel,

Godlie Prayers. 167

my deliverer in the tyme of affliction, my aide in tribulation, my light in salvation, and conduct mee to thy everlasting rest, that I may liue with thee in eternall glorie for ever,

A M E N.

A verie good Prayer, for Gods ayde, forgiuenesse of sinnes, and Lyfe Everlasting.

O Christ, that callest al men vnto thee, spreade foorth the beames of thy light, that we walke not in darknesse; for thou art the way to heaven, & Sunne of righteousness: in thy Crosse, wee triumph; in thy shame, wee glory; by thy pains, we haue peace; in thy teares, joye; in thy sorrow, comfort; in thy death, lyfe.

I humbly beseech thee, therefore, powre vpon mee the spirit of wisdom, grace, and

mercie, with the force of his beames, to dryue away the darknesse of my mynde, and with his fire, purifie my peruerse affections; with his heauenlie Lampe, kindle in my heart the true zeale of glorie; with his holie oyntment; embaulme my conscience; with his Fatherlie oyle, to refresh my bowels; and with his vertue, renew in mee an vpright spirit, to cleanse my soule from dead workes, and replenish me with righteousness, that I may over-come Satan, the worlde, the flesh, and my lustes. Aboue all, let mee haue the true consolation of a faythfull soule, his joy, quiet, and content. Thy holie word is vnto vs the image of glorie, the law of thy Kingdome, the ladder to heauen,

Of Godlie Prayers. 169

ven, the gate to Paradyse, the
treasurie of pietie, vertue, wis-
dome, consolation, and per-
fection: yet the grossnesse of
our flesh is so ignorant & per-
verse, that it will neyther see
thy Spirituall ritches, nor heare
thy true and wholesome do-
ctrine; but taketh the thorne
for the rose, the leafe for the
fruite, and the huske for the
kernell.

I most humbly beseech thee,
therefore, O my mercifull Fa-
ther, to guyde mee in the vn-
derstanding of thy trueth, and
instruct mee by thy Spirit, to
make me perfect in the princi-
ples of saluatiō, the true know-
ledge of thee, and of fayth, pie-
tie, and righteousnesse; to be-
lieue in thee, & in Christ Iesus,
thy onlie Son: to glorifie thee,
P loue

loue thee, feare thee, and serue thee. Grant that my thoughtes may be replenished with steadfast hope, supported with an assured expectation to obtaine the heauenlie ritches which no eye hath seen, eare hath heard, nor vnderstanding comprehended: that I may beholde thy countenance, liue in thy Kingdome, enjoy the socetie of the Angels, be a fellow-heyre with the glorified spirits, to be fullie vnited vnto Christ, and by him to the Father and fountayne of eternall life; & so possesse everlasting joy: And let the hope of enjoying that happinesse, be my thought, pleasure, labour, habitation, and onlie vocation: and grant mee grace, so to run my course, that in the ende I may obtaine the Diadem, wherewith thou crownest thy Elect: that I

of Godlie Prayers. 171

may prayse and magnifie thy
Name, for ever, and ever, world
without ende: Amen.

*A prayer, for remission of sinnes;
and to God, to assist vs, to liue
well, and free vs from sinne, and
to liue in Heaue[n] eternallie.*

O Lord, my God, I will glo-
rifie and prayse thee, with
thanks-giving: giue mee thy
ayde, saue and deliver my soule
out of the deepe dungeon,
keepe mee from the pit of de-
struction, take all trouble from
mee, let my lyfe bee agreeable
to thy desire, take away my
evening lamentation, and giue
mee the joye of the morning
consolation. O Lord heare me,
haue pittie vpon mee, and bee
mercifull vnto mee: take from
mee all heavinesse, fill me with
thy gladnesse, that I may ren-

der thee thanks, & my tongue
sing thy praise without ceasing.
Haue mercie vpon mee according
to thy benignitie, for I
am oppressed with sinnes and
offences: absolue, purge, and
wash mee, from all iniquitie.
Put me not from thy presence:
giue me a right spirit, the com-
fort of thy salvation, and rest
to my poore conscience, that I
may bee sure of the free remis-
sion of all my haynous sinnes.
Giue mee, O Lord, a mouth,
and wisdom to resist my ad-
versaries: keepe mee pure and
vndefiled in thy law, and that
I may doe nothing but that
thou requirest of mee: let mee
never want sure hope & firme

Of Godly Prayers. 173

mee a readie will to performe
them. Fortifie mee with thy
worde, and let my heart bee
enclyned vnto it, and not to
coveitousnesse, pryde, or anie
other wickednesse. Instruct me
in that that is good: be thou
my portion, and for thy mer-
cies sake, haue mercie vpon
mee: keepe mee diligentlie &
watchfullie, & let not my feet
slip: shadow me with thy right
hand, and keepe mee safe from
the wicked. Deliver mee from
all evils: guyde my going
forth, and coming home, &
keepe my soule from sinne. Let
mee, O Lord, crye vnto thee,
and heare mee speedilie: let
my prayer bee as sweet incense
before thee, that I may call

loue thee, feare thee, and serue thee. Grant that my thoughtes may be replenished with steadfast hope, supported with an assured expectation to obtaine the heauenlie ritches which no eye hath seen, eare hath heard, nor vnderstanding comprehended: that I may beholde thy countenance, liue in thy Kingdome, enjoy the socetie of the Angels, be a fellow-heyre with the glorified spirits, to be fullie vnited vnto Christ, and by him to the Father and fountayne of eternall life; & so possesse everlasting joy: And let the hope of enjoying that happinesse, be my thought, pleasure, labour, habitation, and onlie vocation: and grant mee grace, so to run my course, that in the ende I may obtaine the Diadem, wherwith thou crownest thy Elect: that I

of Godlie Prayers. 171

may prayse and magnifie thy
Name, for ever, and ever, world
without ende: Amen.

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and to God, to assist vs, to liue
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keepe mee from the pit of de-
struction, take all trouble from
mee, let my lyfe bee agreeable
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evening lamentation, and giue
mee the joye of the morning
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haue pittie vpon mee, and bee
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mee all heavinesse, fill me with
thy gladnesse, that I may ren-

P 2

der

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sing thy praise without ceasing.
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wash mee, from all iniquitie.
Put me not from thy presence;
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fort of thy salvation, and rest
to my poore conscience, that I
may bee sure of the free remis-
sion of all my haynous sinnes.
Giue mee, O Lord, a mouth,
and wisdom to resist my ad-
uersariēs: keepe mee pure and
vndefiled in thy law, and that
I may doe nothing but that
thou requirest of mee: let mee
never want sure hope & firme
trust in thee; fasten and imprint
thy lawes in my heart, that I
never sinne against thee: teach
mee thy judgements, & giue

Of Godly Prayers. 173

mee a readie will to performe
them. Fortifie mee with thy
worde, and let my heart bee
enclyned vnto it, and not to
covenantnesse, pryde, or anie
other wickednesse. Instruct me
in that that is good: be thou
my portion, and for thy mer-
cies sake, haue mercie vpon
mee: keepe mee diligentlie &
watchfullie, & let not my feet
slip: shadow me with thy right
hand, and keepe mee safe from
the wicked. Deliver mee from
all evils: guyde my going
foorth, and comming home, &
keepe my soule from sinne. Let
mee, O Lord, crye vnto thee,
and heare mee speedilie: let
my prayer bee as sweet incense
before thee, that I may call
vpon thee daylie, & continual-
lie: keepe mee from evill, and

P 3

let

let mee not liue dissolutelic: defende mee from impietic, and all erronious & foule offences: let mee cast my eyes vpon thee, hope onelie in thee, & stay my selfe whollie vpon thee. O saue my soule, and let it not perish, but deliver me from the vanities of the world, entysementes of the flesh, suggestion of the Devill, and the shares, and ambushes, and deceitfull conspiracies of the wicked; that I may laude and prayse thy most holie and blessed Name, both heere in this world, and in the world to come. To our GOD Eternall, immortall, invisible, and onlie wyse, bee all honour and glorie, both now, and ever-more. A M E N.

*A verie earnest Prayer, for Gods
ayde, and forgivenessse of our
Sinnes,*

Of Godlie Prayers. 175

O Father, I beseech thee, for the loue of thy Son, bring my soule out of prison, to prayse thy holie Name: deliver me from the bondes of sinne, and restore mee to lyfe everlasting: when shall I come, & appeare before thy face? when wil the comforter come I waite for? when shall I see the joye that I looke for? and be satisfied with the glorie which I long for? strike, Lord, my hard heart, with the strong poynt of thy deare loue: pierce it with thy mightie power vnto the verie bottome, that my head may bring foorth water, & my eyes a founayne of teares, to mourne and lament my manifold sinnes and offences.

I beseech thee, kneeling on my knees, and humble intreat thee, that thou wilt with the

eyes of pittie looke vpon mee,
thy vnworthie servant, & haue
mercie vpon mee. O Christ,
whom I haue greatlie offended
in thought, word, and deede,
pardon my offences, & cleare-
lie forgiue mee all my sinnes.
Heale my iniquities, and I shall
bee safe. Gouverne and defende
mee; despyle me not; O Lord,
nor note the number of my
sinnes, but according to the
multitude of thy mercies pittie
mee, favour mee, haue mercie
vpon mee, and forgiue mee, a
most grievous sinner. Convert
mee, O Lord, & for thy mer-
cies sake keepe me, that I may
with true repentance, heartilie
bewayle my sinnes. Saue mee,
for thou art the true safetie:
haue mercie on my sinfull soule;
loose the bandes thereof, blot

Of Godlie Prayers. 177

out my transgressions; ayde me,
and forsake mee not, O God
of my comfort. O my soule,
lament, mourne, and weepe,
til thou be joyned to thy bride-
groom Christ. Thou biddest
me knocke, O Lord, open vn-
to mee: strengthen mee that
am weake, restore mee that did
perish, raise mee that was dead,
guyde and governe all my sen-
ses, thoughtes, and deedes,
that hence-foorth I may serue
thee, loue thee, and liue with
thee. Grant mee an humble
& contrite heart, with aboun-
dance of teares, and a sorrow-
full soule for my sinnes. Giue
me compunction of heart, hu-
militie of mynde, and a pure
conscience. O Iesu, pardon my
soule, pardon my sinnes, my
evils and my offences. Let mee
earnestlie desire, advysedlie

search, truelie know, and perfectlie fulfill all thinges that please thee. Gine mee thy heavenlie comfort, despyse not my sinfull soule, forgieue mee all my sinnes, and bring mee to thy holic habitation, for my Saviour Iesus Christ his sake,

A M E N.

*A good Prayer, for Gods assistance
and Repentance.*

O Loving Father, haue mercie vpon mee, pardon my frayltie, ayde mee in infirmities; by the power of thy grace, strengthen mee against the concupiscence of the fittie flesh, the illusions of the foolish world, and the subtile assaults of Satan, that I may grow in all goodnesse, and heavenlie perfection. Of thy Fatherlie goodnesse, heare my prayers, and for the glorie of thy Name

Of Godlie Prayers. 179

forgiue mee my sinnes, & grant
my petitions: looke favoura-
ble on mee, thy frayle and
wretched creature; humble my
heart, to the repentant confes-
sion of my sinnes: giue me the
helpe of thy holie Spirit, to a-
mende my sinfull lyfe: blesse &
guyde al my thoughtes, words,
and workes, with thy heaven-
lie grace, that I may in all
thinges obey thy heavenlie
will. Reforme mee, blesse mee,
and in thy tuition preferue me:
powre foorth the abundant
bountie of thy good giftes
vpon mee, that in the riches of
peace, joye, and loue, I may
prayse and magnifie thee. O
mercifull Father, that hast deli-
vered mee out of the bandes of
death and darknesse, haue mer-
cie vpon mee, & for thy sweet
Sonne my Saviour Christ, his

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sake, comfort, guyde, and
 strengthen mee in thy holie
 Spirit: hold continuallie thy
 holie hand over mee, that no
 flatterie, illusions, nor inehant-
 ment of this worlde deceaue
 mee, and that no troubles, ma-
 lice, stripes, persecution, feare,
 tyrannie, torments, nor death,
 may ever separate mee from
 thee: but despying the world,
 the flesh, and the devill, I may
 in joyfull hope wayte for, and
 desire the comming of our re-
 deemer, for the deliverie of
 thy blessed Saints, to appeare
 in thy gracious presence, in
 our renewed bodies, glorified,
 and immortall, there to dwell
 with Angels and Archangels,
 evermore praying thy hea-
 venlie Majestie. O Lord, that
 hast made vs the children of
 light,

Godlie Prayers. 181

light, haue mercie vpon mee;
yea, Lord, haue mercie vpon
mee: and for thy Names sake,
looke favourablie vpon mee:
stand fast by mee, let mee bee
constant in fayth, humble and
obedient to thy holie will, and
correction, patientlie wayting
thy good pleasure, and deter-
mination in all thinges: make
mee abound in loue and meek-
nesse, rejoyce in vertue & true
holinesse, and glad my heart in
the assured trueth of thy Pro-
mises. Help me with thy grace,
pardon my weaknesse, and de-
liver me from the evils which
I haue deserved, and in al trou-
bles, wealth, neede, heath, sick-
nesse, joy, sorrow, life, & death,
make mee put my whole stay,
hope, and helpe, in thy fatherly
mercie and goodnesse. Relieue
mee

mee with thy grace, strengthen me with thy holie Spirit, that I may overcome, & vanquish all the suggestions, temptations, & conspiracies of Satan, and his infernall armies; withstand the the malice, persecutions, and troubles of this world, triumph in heavenly victorie, & whollie rejoyce in the praising and lauding of thy most blessed Name, both here, and hereafter, even for ever, and ever, world without ende: Amen.

A prayer for remission of sinnes.

O Sovereaigne Creator of all things! when I consider thy Majesty, whom I haue with my sins offended, I shudder at my owne misdeeds, & abhorre my wickednes, because I haue forsaken so gracious and bountiful a Father: Vouchsafe, therefore, O most mercifull God, &

Godlie Prayers. 183

loving Father, to pardon and
forgiue me all my vanities, mis-
deeds, and offences. Govern &
guyde me by thy holie Spirit, in
all my ways; that I may liue all
the dayes of my lyfe according
to thy holie Commandements.
By the multitud of thy mercies
wype away my iniquities. Let
my sute enter into thy preséce,
& saue me. Show me thy mer-
cie, comfort my heart, with the
heavenlie joye and pleasure of
thee; that I may for ever rest
with thee in the land of the li-
ving. Haue pittie vpon me, and
according to the multitude of
thy great mercies, wype away
my sinnes, and cleanse me from
all vnrighteousnesse. Draw my
soule out of sin, vnto the liue-
lie fountayn of lyfe everlasting.
Fill my mynd with the streams
of thy pleasure, and overcome

my heart with the sweetnesse
of thy loue : and grant, that I
may long with all my heart, &
labor with my whole endeavor,
to attain vnto the vnspcakable,
yea, vnconceauable joys of life
everlasting. Embrace me with
thy armes of mercie: shew mee
thy loving countenance: pluck
me from the earth, and earthly
things: open my mouth, to call
vpon thee, my eares to heare
thee, my eyes to beholde thee;
and let all that I doe, say, heare,
or see, bee onlie to thy glorie.
Let thy grace ever accompanie
me: let mee continuallie craue
it, and earnestlie endeavour to
keepe it. Scoure from mee the
spots, which by my daylie sins
I haue casten vpon the whyte-
nesse thou gavest mee; that I
may be pure and cleare before
thee. Binde vp the sores of my

Godlie Prayers. 185

sinfull soule: wash it with thy
precious blood, anoynt it with
the oyle of holinesse: repare
that heavenlie image within
me, by sinne (alace) defaced; and
agayn adorne it with thy owne
righteousnesse; that I may ever
hereafter prayse thee. Mortifie
all my desires of wealth, plea-
sure, riches, glorie, favour, and
all earthlie things whatsoever;
and that I may evermore rea-
dilie and willinglie doe those
things which may please thee.
Glue me constancie, and steadi-
nes of purpose, that my thoughts
may not bee found fleeting, or
vneffectuall: but that I may
with an vnmoouable mynde,
doe all things for the glorie &
honour of thy holie Name, and
my comfort, through IESVS
CHRIST, my Saviour, Amen.

Q³

Anoth

Another, for remission of finnes.

Righteous, and mercifull
God, which art cleare
from spotte, and sinne I mise-
rable and wretched sinner, ac-
knowledge my wickednesse, &
with humble and sorrowfull
heart, bewayle my filthinesse,
whereby I haue polluted that
image, imprinted within mee
at my first creation. I openlie
confesse, that manie and great
are my finnes, my offences
wonderfull, my transgressions
infinite, even as the Sandes of
the sea, which cannot bee num-
bred; for all my cogitations are
prone to evill evermore. Who
knoweth, O Lord, his finnes,
& can recite his transgressions?
I confesse my offences, and my
finne is alwayes before mee:
against thee onelie haue I sin-
ned, & done evill; I was borne
in sinne, and those finnes haue

of Godlie Prayers. 187

I multiplied in my daylie transgressions, and haue deserved thy displeasure: therefore, I appeale vnto thy mercie, O Lord, beseeching thee not to enter into judgement with thy seruant; but according to thy great mercie, haue mercie vpon mee, & according to the multitude of thy mercies doe away my iniquities. Wash mee thoroughlie from my sinnes, and cleanse mee from my offences: for thy Names sake, bee merciful to my sinne, for it is great: remember not the sinnes of my youth, nor my rebellions; but according to thy kindnesse remember mee, for thy goodnes sake: remember thy tender mercies, and loving kyndnesse which haue bene for ever: remember I am flesh, which passeth away, and commeth not

again. Leauē, therefore, thy displeasure against mee, and be not angrie with mee for ever: deale not with mee according to my sinnes, neyther reward mee after my iniquities; but conduct mee, O Lord, and turne away thy displeasure against mee: shewe mee thy mercies, and grant me thy salvation: I confesse, most mercifull God, it lyeth not in my power to purge, and put away my sinnes, and purchase thy favour; but it is onelie the passion, and most innocent death, of thy deare Sonne, my Lord Iesus Christ, that is a sufficient reconciliation for my sinnes, & for the sinnes of the whole world: for his blood which was shedde for mee, doeth cleanse mee from al my sins: & if I confesse my offences, thou

189 of Godlie Prayers.

wilt forgiue mee all my sinnes,
and cleanse mee from all vn-
righteousnesse: wherefore, in
sure hope of this thy mercie
promised by thy Sonne, I am
bolde, even with deepe sighes,
from my heart, to crye, Lord,
forgiue mee my offences, remit
my iniquities, cover my sinnes,
and impute not my faultes vn-
to mee: purge mee, O Lord,
from my secret faultes, keepe
me from presumptuous sinnes,
let them not reygne over mee,
but purifie mee from all my
wickednesse: let mee taste the
sweetnesse of thy benignitie,
that I bee secure, and certayne
of the remission of my sinnes,
thorow the bowels of thy mer-
cies; that I may perceaue in my
mynde comfort, peace, and
gladnesse of thy holie Spirit,
which may begin a newe lyfe

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in mee, that may bee pleasing
vnto thee: quench al vaine mo-
tions in mee, and restore in
mee the image of thy diuyn
light, which was lost: that
being delivered from my sins,
and out of the handes of my
enemies, I may serue thee in
feare, in righteousnes, & in ho-
lineffe, even al the dayes of my
lyfe; thorow Christ, in whome
thou art well pleased, and for
whose sake al my works (how-
soever vnperfect) are accep-
table in thy holie eyes. O most
mightie maker, despyle mee
not, thy worke. O most excel-
lent goodnesse, withdraw not
thy mercie from mee. O most
prudent redeemer, suffer mee
not to perish, whom thou hast
so dearly bought, & redeemed:
O most gentle, ghostlie, and
heavenlie host, purifie, saue,

Godlie Prayers. 191

dressē, and keepe thy house & dwelling place in mee, which thou hast sanctified, and dedicated vnto thy selfe, in my baptisme. O most blessed Iesu, haue mercie vpon mee: make mee to loue thee, and to bee forle, and contrite for my sins. Turne mee vnto thee, by grace, that I may remember thy benefites, & thy painfull & bitter death, and passion. Grant mee to sanctifie, worship, magnifie, & loue thee heartilie. Moysten my mynde, with thy most precious blood, that whatsoeuer I see, I may beholde thee crucified: that thus beholding thee, I may fixe my mynde on nothing else, but onelie on thee, and ever liue moste carefullie to honour thee, and serue thee aright; so that after this miserable life, I may rest with thee,

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together with the Father, and
the holie Spirit, whose King-
dome hath none ende, but en-
dureth for ever, Amen.

*An excellent Prayer, fit for all
persons, and to bee sayde at all
tymes.*

GRACE, O mercifull Father,
that I never commit anie
thing that shall offend thy Fa-
therlie goodnesse, but that I
may eschewe all vyce, embrace
all vertue, liue in thy feare, call
vpon thy holie Name, learne
thy godlie Commandementes,
heare thy holie worde, avoyde
all ydlenesse, and walke in my
vocation vnto the glorie of thy
holie Name. Sende thy holie
Spirit of loue & concord, that
I may be content with my cal-
ling, liue quyetlie in the same,
doe good to all men, and order
my

Godlie Prayers. 193

my lyfe; according vnto thy
Godlie will, Grant mee to co-
vet, with an ardent mynde,
those thinges which may please
thee, to search them wyselie,
to knowe them truelie, & ful-
fill them perfectlie, to the laude
and glorie of thy Name: order
my living so, that I may doe
that which thou requyrest of
mee; giue mee grace to know
it, and haue a will, and power,
to doe it; and that I may leue
those thinges which are moſte
convenient for my ſoule. Gra-
cious God, make my way ſure,
and ſtraight, that I fall not be-
tweene prosperitie and aduer-
ſitie: but in prosperitie, to thank
thee, and bee patient in aduer-
ſitie: and that I bee not liſt vp
with the one, nor oppreſſed
with the other: ſo that I may

R

rejoyce

rejoyce in nothing, but that which pleaseth thee, nor bee ſorie for anie thing, but thoſe which offende thee; deſiring to pleaſe none but thee, nor fearing to offende anie but thee. O loving Father, make all worldlie things wylde vnto mee, and bee thou my eſpeciall comfort aboute all: let mee not be merrie; but with that which pleaseth thee; and let mee deſire nothing, but thee: let all labour delight mee that is for thee, and let all the reſt wearie mee; make mee liſt vp my heart vnto thee; & when I fall, make me earneſtly to thinke on thee, and to bee heartily ſorie for the ſame; with a ſteadfaſt purpoſe of amendement of lyfe. Grant mee fayth in thee, and grace, I beſeech thee, to bee occupied in doing of good

Of Godlie Prayers. 125

workes, even vnto thy glorie
and my comfort, and to trust
ever in thy tender mercies, and
in Christ his merites, to bee
purged from my sinnes. Giue
mee grace to loue thy blessed
word ferventlie, to search the
Scriptures diligentlie, to reade
them humblie, to vnderstand
them truelie, and to liue after
them effectuellie, that my lyfe
may bee acceptable vnto thee.

Teach mee, O-Lord, so to
pray, that my petitions may
bee graciouslie heard of thee.
Keepe mee vpright amongst
diversitie of opinions, that I
swerue not from thy trueth.
Giue mee, I most humblie be-
seech thee, a true spirit, that no
curious thoughtes, nor filchie
affections, with-drawe mee
from thee. Grant mee grace,

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to

to knowe thee, diligentlie to please thee, and hope to embrace thee; even for the precious blood sake of that immaculate lambe, Iesus Christ, I craue it: to whom, with thee, O Father, and the holie Spirit, be all honour, prayse, & glory, now & evermore, even world without ende. So bee it.

A Prayer, where-in a Sinner desireth God to heare him, and forgive him his Sinnes.

O Lord, how long wilt thou reject my prayers, which dayly I powre out before thee? wilt thou, O Lord, heare mee at no tyme? or wilt thou cease to shewe mercie? O crye vnto the Lord, my Soule, and say, Hast thou, O Lord, cast me away for ever? or wilt thou never here-after be pleased with mee? favour mee, O righteous

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Father, for Iesus Christ his sake,
that the sighinges, and inward
groaninges of my heart, may
moue, & inclyne thee to heare
mee. Graciouslie, O Lord,
grant mee thy mercie, and per-
forme the covenant which of
olde thou hast made with mee;
yea, holde thy hand over mee,
and keepe me from sinne; then
shall I neyther feare death, nor
hell; and as thou hast alwayes
bene mercifull to penitent sin-
ners, so now, good Lord, for-
giue me my sins. In the zeale of
my heart I beseech thee to
keepe mee in the feare of thee;
then shall I rejoyce in thy mer-
cie, for that thou hast looked
vpon mee, and regarded my
soule in distresse. Keepe mee
in thy sheepe-folde, O shep-
heard of my soule, and let mee

not be brought into bondage. Amen. R. O Lord, I pray thee, never

never hereafter wander from
thy wayes, nor leaue mee not
in troubles: beholde, my weak-
nesse is best knowne vnto thee.
Looke, O Lord, on my sorrow,
and forgiue mee all my sinnes.
Mollifie my heart, that I may
turne vnto thee, and walke in
al thy wayes; for I haue walked
over long in the way of sin-
ners. My prayers, O Lord, are
powred foorth before thee: let
thy anger bee turned from me,
and let mee finde fauour in thy
sight. Looke not on the hard-
nesse of my heart; but as thou
alwayes showedst mercie, so
now bee mercifull over mee,
and forgiue mee all my sinnes.
Spare mee, I beseech thee, and
showe on mee the aboundance
of thy mercie, who hast taught
mee, even in Christ Iesus, and
for his sake, to call vpon thee

Of Godly Prayers. 199

in my necessities. Giue mee
grace to acknowledge my own
infirmities: that I depending
whollie vpon thy mercifull
goodnesse, may with a strong
and steadfast fayth, and with a
penitent heart, continuallie call
vpon thee, for thy grace, mer-
cie, and pardon. Hearken, O
most mercifull God, for thy
great mercies sake, vnto these
my humble prayers which I
make before thee; & consider,
O Lord, the desires & thoughts
of my heart: let my lowde cry-
ing come vnto thee, and let my
vnfeygned prayers enter into
thy presence. Heare mee, O
Lord, for I want thy helpe:
care for my soule, saue me thy
servant, which trust in thee.
Haue mercie, O Lord, haue
mercie vpon mee, for I will ne-
ver cease crying to thee for

helpe and mercie. In the daye
tyme I will call vpon thee, and
in the night I will cry vnto thee.
O God of heauen, and maker
of all thinges, heare mee, a
moſt wretched creature, calling
vpon thee, and take from mee
all my finnes. Plant in mee, O
heavenlie Father, true obe-
dience of thy word: let not the
cares of this worlde deceaue
mee: keepe mee from all vn-
cleane deſires: grant mee grace
to walke before thee with a
good and pure mynde, that I
may receaue the reward pro-
vyded for thy Sonnes and ſer-
vantes. Increase my fayth, and
loue: increase in mee a ſure
hope of my ſalvation: increase
ſtrength in me to overcome &
ſtand againſt all temptations:
let thy holie Angels keepe and
conduct mee, that I may ever

of Godlie Prayers. 201

more walke before thee in
godlinesse, and righteousnesse
of lyfe: make steadfast my faith
in thy mercifull promises: that
I trusting in them, may haue
everlasting lyfe, thorow Iesus
Christ, thy Sonne our Lord,

A M E N.

A Prayer, for a reformed lyfe.

O Heauenlie Father, and
mercifull God, who of thy
onelic goodnesse hast created
and made mee vnto thy owne
similitude & likenesse; I hear-
tilie pray, and beseech thee,
remember not my sinnes, and
vnrightheousnesse, neyther suf-
fer thy grievous plagues to
hang over mee. I haue sinned,
and haynouflic offended thee;
yet I beseech thee, of thy mer-
cie and benignitie, to beholde
me thy vnworthie chylde. I
doe not prostrate my selfe be-

fore thee, in prayse of my
righteousnesse, but in the mul-
titude of thy mercies, I hum-
blie beseech thee, most holie
Father, be no more angrie with
mee; but turne thy wrath from
mee, and kindle in mee the loue
of thy holie Spirit: breake, O
Lord, my stonie heart, & make
it a fleshlie heart, that I may
feare thee, loue thee, and haue
pleasure in thee: grant mee a
true vnderstanding of thy
worde, to loue that is to bee
loved, to desire that which
pleaseth thee, to regard that
which is precious in thy sight,
and to refuse that which is euill
before thee. Giue mee, O Fa-
ther, a sorrowfull, and penitent
heart, that I may humblie serue
thee all the dayes of my lyfe.
When I fall into sinne through
frayltie, worke, I beseech thee,

Of Godlie Prayers. 203

true repentance in my heart,
that I may bee sorie, without
desperation; that I may amend
my lyfe, and become truelie
righteous, without hypocrisie;
lowlie in heart, without feyg-
ning, faithful & trustie, without
deceat, content with my owne,
without covetousnesse; to tell
my neyghbour his fault chari-
table; to pay everie man true
lie, to back-byte no man, nor
slander any secretly; to abhorre
all vyce, and loue and follow
all goodnesse earnestlie. Grant
this, O Lord, for the glorie of
thy holie Name. Amen.

*A confession of sinnes, and prayer
for forgiveness of them.*

O Almighty God of Israel,
my soule that is in trouble,
and spirit that is vexed, cry vn-
to thee: heare mee, O Lord,
and haue mercie vpon mee; for

I haue hainouſlie ſinned againſt thee. I heartily pray, & beſeech thee, in the bowels of thy mercie, to looke downe from heauen, vpon mee, thy poore ſeruant, whoſe ſinnes are infinite, & innumerable; moſt haynous, and inſupportable: but as they are grieuous, & without number; ſo is thy mercie more abundant, and without ende. Thy mercie is aboue all thy workes; more able to ſaue, than my ſinnes to condemne. Thou, O Chriſt, art that good *Samaritan*e, who powreſt the oyle of grace into our woundes: thou art the onlie true Sacrifice and Oblation, once offered vp for the ſinnes of the whole world. Therefore, O ſweet Saviour, for thy bitter death & paſſion, and for the glorie of thy holie Name,

Name, be mercifull vnto mee,
& forgiue mee all my haynous
finnes. Grant, that as thorow
my wicked lyfe thou hast bene
dithonoured; so thorow my
godlie conversation, and inte-
gritie of lyfe hereafter, thou
mayest ever bee glorified. For-
giue mee, O my Lord, and Sa-
viour, all my sinnes, I moſte
humblie beſeech thee, & keepe
mee ever hereafter from all
finnes. Grant mee the aſſiſtance
of thy grace, and holie Spirit,
to direct my wayes, and guyde
my pathes; that I may bee in-
nocent from all offences; and
that even in all thinges I may
alwayes honour and prayſe
thee, together with thy hea-
venly Father, & the holy Ghoſt,
both now, & evermore, world
without ende, Amen.

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A prayer

*A Prayer in Adversitie, and
for mercie.*

A Lmighty God, who for my ingratitude, and sinfull lyfe, hast worthilie punished mee with affliction, and adversitie, I moſte humble beſeech thee to giue mee grace vtterlie to detest & abhorre my former wretched and sinfull lyfe, and daylie studie for the amende-ment of the ſame: and I am fullie perſwaded, that this affliction hath not come vnto me by caſualitie, but by thy permiſſion, and determinate pleaſure, and that thou doeſt beate mee with this thy Rod of correction, becauſe thou wouldeſt nurture mee, and call mee to vnſeygned repentance, for my former lyfe, to bee more circumſpect of a good lyfe: to exerciſe my fayth in thy godlie promiſes, to trye mee whether

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I will bee patient, & constant
in aduersitie: to make mee ab-
horre the vaine pleasures of
this lyfe, and with fervent and
continuell desire long for the
lyfe everlasting. To this ende,
O Father, I heartilie pray thee,
to strengthen my fayth, hope,
charitie, and meeknesse, that I
may patientlie beare this thy
Fatherlie chastisement: & grant
mee, that I may daylie increase
more & more in loue towards
thee: for I hope all things shall
happen for the best, whether
it bee prosperitie, health, sick-
nesse, lyfe, or death; and there-
fore I whollie submit my selfe
vnto thee, and resigne all my
will to thy most godlie will &
pleasure; hoping that thou wilt
ende this my affliction vnto thy
owne honour and glorie, and

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to

to my most profite, wealth, & everlasting salvation, thorow Iesus Christ, my onelie Saviour and redeemer, Amen.

A Godlie Prayer, to bee sayde at all tymes.

ALmightie, and most mercifull Father, grant that aboue all thinges I may rest in thee, and fullie set my heart vpon thee; for thou, Lord, art the true peace of the heart, and the perfect rest of the soule: wherefore, thy will in al thinges bee done in mee: cast out of my heart all vnprofitable cares of worldlie thinges, and suffer me not to be led with the vnprofitable desires of earthlie vanities: but giue mee grace, that all worldlie and carnall affections, may bee mortified, & die in mee. Grant mee the strength of thy holie Spirit, to

Godlie Prayers. 209

subdue this bodie of sinne,
with the whole lusses thereof,
that it may bee obedient both
in will, mynde, and members,
to doe thy holy will: grant mee
grace, that I may esteeme all
thinges in this world transito-
rie, and my selfe with them,
drawing towardes my ende. O
Lord God, who art sweetnesse
vnspeakeable, turne into bitter-
nesse vnto mee all transitorie
and earthlie delights, which
may drawe mee from the loue
of eternall thinges; and for all
worldlie comforts, giue mee
the sweete comfort of thy holy
Spirit; for thou, Lord, art my
way, my hope, my Crowne,
and my glorie: bleſſe mee, that
for the loue of thee I may not
set by the pleasures of this
world, but crucifie the flesh, &

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the

the luffes thereof; so that in a cleane and pure conscience, I may offer my prayers vnto thee, and bee accepted to haue companie with thee, together with the holie Angels, and holie Spirites. O everlasting light, sende downe the beames of thy brightnesse, and lighten the inward partes of my heart, that I may walke in thy lawes, and Commandements. Giue mee grace to rest in thee aboue all thinges, aboue all glorie, honour, dignitie, and power; aboue all health, beautie, riches, and traefure; aboue all joye, pleasure, fame, & prayse; and aboue all mirth, and consolation, that mans heart may feelee, or take, besides thee: for thou, Lord, art most good, wyse, and righteous; most high, mightie, & comfortable;

Godlie Prayers. 211

most beautifull, loving, and glorious; in whome are most perfectlie all treasures of grace and goodnesse: therefore, whatsoever I haue beside thee, is nothing vnto thee: for my heart may not rest, but onelie in thee. O Lord, who shall giue mee the winges of perfect loue, that I may flie from these worldlie miseries, and rest with thee? O King of everlasting glorie, my soule cryeth vnto thee, with continuall groanings, and sayeth, How long tarrieth my Lord God to come vnto mee? when shall bee the ende of these miseries? when shall I bee delivered from the bondage of sinne? when shall I haue my mynde onlie fixed on thee, and bee merrie in thee, with perfect joye & gladnesse? when shall that blessed houre

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come, that thou shalt visite mee, and make mee glad with thy blessed presence? when shall I come vnto thee, and enjoy those sweet contemplations which thy blessed Angels haue alwayes? when shall I stand to beholde thee, and haue full sight and contemplation of thy glorie? when shall I bee with thee in thy Kingdome, which thou hast prepared for thy Elect? that I might beholde the blessed mansion of thy heauenlie Citie, & the most cleare day of eternitie, which thy heauenlie citizens knowe, and feele the joye of? but I the chylde of *Adam*, doe lament & bewaile the bitternesse of this present lyfe, short and euill, full of sorrow and anguish, where man is defyled with sinne, disquieted with troubles,

Godlie Prayers. 213

oppressed with labours, vexed
in temptations, overcome with
vaine delights and pleasures of
the world, & miserable wrap-
ped in many calamities; where-
fore, O Lord, arise, and helpe
mee, comfort mee, asswadge
my sorrow, destroy my ene-
mies, the kingdome of sinne,
Satan, the world, and my wic-
ked flesh: forgiue mee all my
sinnes, and bring my trouble-
some dayes to an ende: so shall
I sing prayses vnto thee, O
God of my salvation, and mag-
nifie thy Name, world without
ende, A M E N.

*A short Meditation of mans
Miseric.*

WHat was I, O LORD?
what am I? and what
shall I be? I was nothing; I
am now worth nothing; and
in hazard to be worse than no-

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thing: I was conceived in originall ſinne; I am now full of actual ſinne; & I may hereafter feele the eternall ſmart of ſinne. I was in my mothers wombe a loathſome ſubſtance; I am in the world a corpeſe of corruption; & I ſhall bee in my graue a prey of vermine. When I was nothing, I was without hope to be ſaved, or feare to be damned; I am now in a doubtfull hope of the one, and in a great danger of the other: I ſhall eyther be happie, by the ſucceſſe of my hope; or miſerable, by the eſtate of my danger. What I haue beene, I knowe; to wit, a wretched ſinner: what I am, I cannot ſay, being vn-certayne of Gods grace: what I ſhall bee, I am ignorant, being doubtfull of my perſeuerance. Lord, erect my former

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weaknesse, correct my present
sinfulnesse, direct my future
frayltie; yea, direct it, O Lord,
from passed evill, to present
good, and future reward, for
Iesus Christ his sake, Amen.

*An effectuall Prayer, for Grace,
Mercie, & forgiveness of sinnes.*

O Heavnelie God, O Father deare,
cast downe thy tender eye,
Vpon a wretch, that prostrate here
before thy Throne doeth lye.

O powre thy precious oyle of Grace
into my wounded heart:

O let thy droppes of mercie sweet
remit my sinnes desert.

My sinfull soule, oppressed sore,
with carefull clogs of sinne,
In ruethfull sort most humblie sues,
thy mercie for to winne.

Grant mercie then, O Saviour sweet,
To mee, most wretchfull, thrall:
Whose mournfull cry to thee alone
doeth still for mercede call.

Thy blessed will I haue displeas'd,
with pleasing of my mynde:

And to the luſt of worldlie things
 My ſelfe I haue enclynde
 Forgetting Heavē, & heavenlie Powers,
 where God and Saints doe dwell:
 My lyfe had almoſt trod the ſteppes
 which leade the way to Hell,

Grant now, O Lord, and Load-ſtone
 that I doe no more ſo: I bright,
 But for my lyfe, in ſinnes miſt-ſpent,
 my heart may melt for woe.

Alace, I ſigh: Alace, I ſob:
 Alace, I doe lament,
 That ever my licentious lyfe
 ſo wickedlie was ſpent.

Grant, therefore, Lord, with wayling
 I may thy mercies craue. ^{ſeare,}
 O Lord, for thy great mercies ſake,
 let mee thy mercie haue.

Reſtore to lyfe my wretched ſoule,
 which elſe is lyke to die:
 Then ſhall my voyce vnto thy Name
 ſing prayſe continuallie.

Now bleſſed bee the Father firſt,
 and bleſſed bee the Sonne,
 And bleſſed bee the holie Ghoſt,
 by whom all things are done.

Bleſſe mee, O bleſſed Trinitie,
 with thy eternall grace:

Forgiue my ſinnes, and grante my ſoule
 in Heaven a dwelling-place.

AMEN.

A Prayer of Thankes-giving,
wherein wee craue God's assi-
stance; beseeching Him to giue
vs true repentance, and bring
vs so lyfe everlasting.

O Holie Father, GOD Al-
mighty, who diddest
vouchsafe even of thy vnspeak-
able goodnesse and mercie, to
sende thy onelie Sonne, Iesus
Christ, from the high Throne
of thy Majestie, into this vale
of woe and miserie, to take our
nature vpon him, and in the
same to suffer most sharpe and
bitter death, to bring our souls
to thy heauenlie Kingdome. O
sweet Iesus, inflame my heart
vnto thee, with the burning
beames of thy loue, and make
mee ever to thanke thee, and
feare to offende thee. O sweet
Iesus, my hope, refuge, joye,
and health, haue mercie vpon
T mee

mee, and bee mercifull vnto mee, a poore, needie, vyld, wretched, and abhominable sinfull creature: O giue mee remission of all my sinnes, integritie of mynde, health of bodie, needfull food and rayment, strengthfulnesse of the earth, vnitie of fayth, subversion of heresies, increase of true religion, earnest devotion, willingnesse to charitie, sinceritie in prayer, patience in trouble, joye in hope, and whatsoever else is for thy glorie, my good, and Soules health. Let thy holy sweetnesse possesse my mynde: feede my Soule with the fulnes of heauenlie & invisible things: separate mee from earthlie vanities, & whollie dedicate my heart vnto heauenlie meditations: giue mee compunction of heart, and teares to my eyes,

that I may ever bewayle the wickednesse of my lyfe: lift vp my heart and mynde, I beseech thee, from the cogitations of carnallie cares, vnto the consideration of heauenlie joyes: that I may thinke and speake onelie of thee here in this lyfe, and hereafter liue with thee eternallie.

O Lord, my gracious God, and onlie comfort of my soule, seeing thou desirest, that in all things I should sincerelie serue thee, and thorow thy grace desire to doe the same, suffer mee not, O Lord, anie more to offende thee, or fall into the relapse of my former follies: but make mee heartilie sorie for my offences, and that I may neuer more sinne against thee. And I most humble confesse
 thy mercie my

my ſelfe vnto thee, That there
is not vpon the whole earth a
more vylde and wicked ſinner
than my ſelfe: increaſe therefore
in mee, I moſt humble beſeech
thee, thy grace: and giue mee
humilitie, that I may perfectly
knowe thee in thy Maieſtie, &
my ſelfe in my miſerie: and yet,
thorow thy gracious helpe, I
may manfullie fight againſt ſin
and wickedneſſe, and gaine the
victorie over all my ſpirituall
and corporall enemies. I moſt
wretched ſinner confeſſe, that I
haue oftentimes offended thee,
dihonoured thee, & neglected
thy holie preceptes, which a-
boue all things ought to bee
moſt deare vnto mee. Thou, O
Lord, knoweſt, that I am car-
nall, and full of euill concupiſ-
cence, flowing in fleſhlie plea-
ſure, over-trapped in fonde

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fantasies, omitting spirituell
exercises and mourning for sin,
in speaking impatient, in hea-
ring godlie admonitions neg-
ligent, easilie detayned from
doing good, and apt to all evill.

O moste mercifull Lord, I a
poore and wretched sinner, am
full of sorrow and grieve, for
that I haue so grievouslie sin-
ned and offended against thee.

Wound, O Lord, my heart,
with the sorrow of most fayth-
full and vnfeigned repentance;
and grant mee thy grace, and
assist mee by thy holie Spirit,
that I may for ever heereafter
keepe my selfe from all sinne,
and avoyde all occasions of of-
fences. And I most humble
beseech thy infinite Majestie,
not to forsake mee, nor suffer
mee not to bee condemned in

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thy

thy terrible Iudgement: but
 bee mercifull vnto mee, and let
 thy dolorous passion so helpe
 mee, that I may bee an inheri-
 tour of thy heavenly Kingdom,
 and enjoy ever-lasting felicitie:
 & let thy holie Angel so keepe
 mee, as the infernall enemie
 haue never power over mee:
 which grant mee, O Lord, for
 thy mercies sake, Amen.

*A Prayer, vnto God the Father,
 of thanks-giving, and for for-
 giuenesse of Sinnes,*

I Offer vnto thee, O holie
 Father, the Sacrifice of praise
 and thanks-giving; rendering
 vnto thee the values of my
 lippes, who of thy goodnesse
 hast made mee, and of thy mer-
 cie redeemedst mee: heare,
 therefore, O Lord, the prayers
 of thy servant, and turne thy
 cares vnto me, thy poore crea-

of Godlie Prayers. 223

ture. Day and night well I pray
vnto thee, beseeching thee,
that the thoughtes and medita-
tions of my heart, may bee ac-
ceptable before thee; that my
mouth may speake of thy right-
eousnesse, and my tongue set
foorth thy prayse. O holie Fa-
ther, I beseech thee, that the
inward desire of my heart may
moue, & inclyne thee to heare
mee: I accuse my sinfull wayes,
and crave thy mercie, and fa-
vour. O shewe mee thy mer-
cie, and forgiue mee my sinnes:
remember not the sinnes and
offences of my youth; but think
on thy mercies, and thy cove-
nant made in Iesus Christ, my
onely mediator & advocate.
It is hee, O most holie Father,
whom thou diddest sende to
obtaine mercie for mee: hee
was wounded for my offences,

and ſtrucken for my iniquities;
hee died for my finnes, and
thorow his loue & mercie hee
hath redeemed me. And there-
fore, O Lord, even for his ſake,
forgiue mee all my finnes; giue
mee the true loue of thy lawe,
and great hate of all my finnes;
that I may, thorow the merites
of his death and paſſion, dwell
with him & thee everlaſtingly.

And farthermore, I beſeech
thee, O my God; vouchſafe to
direct, ſanctifie, keepe, and
governe, my heart, and bodie;
my ſenſes, tongue, talke, and
communication, to thy holie
lawes, & workes of thy Com-
mandements. Grant alſo, O
Lord, that thy holie Angell
may bee with mee, to direct
me in the way of peace, truth,
and health: that I may be
whole, ſafe, and free in thee.

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& by thee, both in this world,
and in the world to come. O
King of glorie, heare mee, and
saue mee: haue pittie and com-
passion vpon mee, thy weake
& vnworthie childe. O Lord,
helpe mee, shewe thy mercie
vpon mee: let mee doe that
which is acceptable in thy
sight, & prosper mee in what-
soever I goe about. Let mee
haue an earnest desire to doe
those things which may please
thee: for vnto thee alone, doe
I fulfillie and whollie yeelde, and
commit my selfe, which wor-
kest all in all, to thy honour
and glorie. A M E N.

*A prayer, vnto God the Sonne, for
mercie, and forgiveness of sins.*

I Am ashamed, O Iesu, to lift
vp my eyes vnto thee, be-
cause my finnes are manie, and
are ascended and come before.

thee: shoue thy mercie vpon
mee; O Lord, and heare mee:
my heart is faint, my soule is
troubled: O Lord, make strong
thy humble and vwortheie ser-
uant, that my joye may bee al-
wayes in thee: receaue mee of
thy goodnesse into thy fauour,
and shoue thy mercie vpon
mee: for thou, O sweet Sa-
uiour, art mercifull, who wilt
not the death of a sinner, but
that hee liue; Ktherfore, a
most wretched sinner, beseech
thee, to looke vpon mee, with
those mercifull eyes; where-
with thou diddest behold *Peter*
bitterlie weeping, and *Marie*
Magdalen, and the Thiefe on
the Croffe: and cause me, tho-
row thy great goodnesse, that
I may with *Peter* weepe, and
wortheilie bewaile my sinnes;
with *Marie* to loue thee, with

Of Godly Prayers. 217

a pure and perfect loue; and
with the Thiefe, to see, and be-
holde thee in Paradyse. Giue
mee, O gracious Lord, a pure
intention, a cleane heart, and a
regarde to thy glorie: in all my
actions, possesse my mynde
with thy presence, and ravish
it with thy loue. Bee thou, O
Iesu, light vnto my eyes, mu-
sicke vnto my eares, sweetnesse
to my taste, and contentment
to my heart. I am not myne,
but thynne; claime mee, as thy
right; keepe me, as thy charge;
loue mee, as thy chylde: de-
fende me, when I am assaulted:
heale mee, when I am woun-
ded; & let mee never be con-
founded. Giue me patience, in
trouble; humilitie, in comfort;
modestie, in countenance; gra-
uitie, in behaviour; puritie, in
thoughtes; righteousnesse, in

my actions; constancie, in temptations; and victorie against my ghostlie enemies. O sweet Iesu stay my inclinations from evill: brydle my appetits with thy grace: quench in mee all vnlawfull desires: keepe my eyes from vaine sights, & my eares from hearing evill. Grant mee an earnest desire to amend my faults, to renewe my good purposes, to performe good intentions: correct thou my errours, erect my infirmities, protect my good endeavours, allay my passions, and make mee able to master them, that they never draw mee beyonde the rule of pietie. Make mee humble to my superiours, friendlie to my equals, charitable to my inferiours, and respectfull to all. Grant me sorrow for my sins,
thank-

Of Godlie Prayers. 229

thankfulnesse for thy benefites,
feare of thy judgements, loue
of thy mercies, & mindfulnesse
of thy presence, Amen.

*A Verse good prayer to Gods ho-
lie Ghost, for remission of sins.*

Heavenlie God, if I haue
found favour in thy sight,
suffer me a little to speake vnto
thee, and bee no more angrie
with me, who by thy wisdom
rulest all things; giue mee thy
holy Spirit, that being guyded
by the same, I may never bee
confounded. O comfort the
soule of thy servant, and let thy
wisdom leade & guyde me in
the pathes of true knowledge:
for blessed is the man that hath
his delight therein. I beseech
thee, my God, make thou a per-
petuall abode with mee, and
sende down from thy throne of
v Majestic,

230 *The Posie of*

Majestie, the dew of thy grace
 into my heart, that I may al-
 wayes please thee. O sende
 downe from heaven the Spirit
 of wisdom, that I may haue
 the true taste thereof: inclyne
 thy eares vnto mee, that these
 my humble prayers may ascend
 vp before thee. Humblie will I
 giue attendance on thy merci-
 full hand, and wayte for thy sa-
 uing health. Beholde mee, O
 God, a fillie soule, gaping for
 the showers of thy grace, lyke a
 barren and drye land. O holie
 Spirit of God, the third person
 of the Deitie, which by thy di-
 vine grace orderest all thinges,
 grant me the Spirit of sanctifi-
 cation, and true holinesse: plant
 in mee an infallible knowledge
 of thy trueth. O thou which
 art the Comforter, which en-
 richest the hearts of the fayth-

Godlie Prayers. 231

full, with the sweet taste of thy word promised, breath into my heart a pure fayth, that I may acknowledge thee verie God, God with the Father, and the Sonne. Thou seaven-folde disposer of the giftes of God, the hope of joy Coelestiall, powre into my heart the dew of thy grace; that being filled with the sweetnesse thereof, I may obey thy blessed wil. O eternal God, equall with the Father, & the Sone, make strong my Soule, & my bodie; that by thy gracious aide, I may overcōe the assaults my ghostly enemy, & believe of and confesse God the Father, & Iesus Christ, his Sonne, with the holy Spirit, proceeding frō them both, to bee one God, in persons three, and ever-lasting in trinitie and vnitie: to whom

V 2

bee

The Posse of
 given all laude, praise, honour,
 and glorie, both now, and for
 evermore, world without end;

A M E N.

*A. Godlie Prayer, to the blessed
 Trinitie.*

O Holie, blessed, & glorious
 Trinitie, God the Father,
 Sonne, and holie Ghost, three
 persons, and one Omnipotent
 and ever-lasting God, three in
 trinitie, & one in vnitie; I praise
 thee, I worship thee, I glorifie
 thee, and I giue thanks vnto
 thee, for thy mercifull goodnes,
 who wouldest, that I beeing in
 darknesse of errour and igno-
 rance, should be made partaker
 of thy grace and mercie: I be-
 seech thee, most glorious and
 blessed trinitie, forgiue me my
 sinnes: haue mercie vpon mee:
 bring to passe the worke of thy
 mercifull goodnesse begun in

Godlie Prayers. 233

mee, and leade me in all pietie
and godlinesse. O cause me al-
wayes to thinke, speake, and
doe those thinges which shall
bee acceptable in thy sight; that
after this lyfe, I may haue the
fruition of the Deitie, who li-
vest, and reygnest, in perfect
vnitie, even worlde without
ende, A M E N.

*A prayer for a woman with chylde,
for deliuerance, & for forgine-
nesse of Synes.*

A Lmighty and most merci-
full Father, who of thy gra-
cious goodnes hast created me
a reasonable creature, & of thy
bauntiful mercie hast fructified
my wombe, I most heartilie
thanke thee for this gracious
gift, & for that thou hast always
preserved me from all perils of
soule & bodie, and hast so mo-
derated

234 *The Posie of*

derated all my pains, pinches,
throwes, and pangues, that I
haue hitherto right well endu-
red them. Keepe mee still, I be-
seech thee, from all perilles and
dangers, and at the appoynted
tyme safelie delyver me. Thou
hast commanded vs to call on
thee in our troubles; promising
to heare vs, and sende vs deli-
verance, saying, I am with you
in your troubles, and will deli-
ver you. O moste comfortable
Lord, who art more readie to
helpe, than we to cal for helpe;
more readie to giue grace, than
we to aske for it: I therefore
sue vnto thee, and faythfullie
call vpon thee, and say, O Fa-
ther of mercie, and God of all
consolation and comfort, I thy
poore hand-maide most hum-
blie beseech thee, even for Je-
sus Christ his sake, and in his

Godlie Prayer. 235.

blesſed & holy Name, that thou
wilt vouchſafe to forgiue mee
all my ſins & offences, where-
with I haue offended thy godly
Majeſtie, in thought, delight,
word, or deede; & mercifullie
preſerue me from hence-foorth
during my whole lyfe, from
tranſgreſſing thy Commande-
ments: daylie increaſe in mee
perfect repentance for my ſins,
and a ſure purpoſe of amonde-
ment of my lyfe, and a diligent
ſtudie hence-foorth to walke in
thy Commandements: increaſe
in mee alſo a liuelie fayth, and a
ſure hope: ingraſt in mee
humbleneſſe of heart, meeknes
of mynde, & cleanneſſe of con-
ſcience: grant me that I may be
wyſe, ſad, ſober, diſcrete, cir-
cuſpect, and well advyſed in
all my ſayings: that I may
ſtronglie over-come all the

temptations of the Devill, the
world, & the fleſh: & whether
I wake or ſleepe, eate or drink,
live or die, or whatſoever I doe,
I may doe all to thy honour &
glorie. Grant mee, O Lord,
that I may feare & dread thee,
and that I may ſaythfullie love
my husband, and be obedient
unto him in al things, agreeable
to thy holie word. And for the
deliverance of this my burden,
thy gracious gift, I am aſſured,
that unleſſe thou prosper my
travell, all womans helpe and
phyſicke is in vaine: therefore,
I beſeech thee, that lyke as
thou haſt created this chylde in
my wombe, and breathed into
it the breath of lyfe; ſo at ſuch
tyme as it ſhall ſeeme good to
thy godlie Maieſtie, thou wilt
prosper the birth and deliv-
erance. And I moſt humble be-

Godlie Prayers. 237

seech thee, of thy Fatherlie pittie; to strengthen me in this my dangerous labour and travell; and so sustaine mee, that I may patientlie beare all my pangues and pains; and suffer them not, O Father, to bee aboue my strength; and in the vttermost of all my pains, O then giue me such comfort, that I may bee able to beare them. Increase my fayth, O, most mercifull Saviour; and in the dangerous tyme of my travell, grant mee, I, most heartilie pray thee, speedie deliverance, and joyfull beholding of my chylde: that I beeing a merrie mother, may even with my whole heart render vnto thee honour, prayse, laude, and thanks, for thy abundant mercie, and gracious benefites. But aboue al things, ó Lord, I most heartily beseech

thee to endew this my chylde
 with grace, that it may bee one
 of the number of thy Elect,
 baptized, and regenerate in the
 holie Ghost: and that it may, at
 the yeares of discretion, learne
 to knowe thee, trust surelie in
 thy mercie, heartilie loue thee,
 feare to offende thee, obey thy
 holie Commandementes, and
 attayne to ever-lasting joye
 and felicitie, thorow our Lord
 Iesus Christ, who liveth and
 reygneeth with thee, O Father,
 & the holy Ghost, even world
 without ende, Amen.

*A prayer of thankes-giving, for a
 woman after shee is deliuered of
 Chylde.*

O Most high, mightie, and
 eternall God, I giue all
 laude and praise vnto thy holie
 Name: I magnifie thy might &
 mervelous workes: I render

of Godlie Prayers. 239

vnto thee the sacrifice of my
thankfull heart, and vnseyned
lippes, for that it hath pleased
thee, of thy great goodnesse, to
giue vnto mee, thy poore crea-
ture, so happie, safe, & speedie
deliverance, from my great
danger of chylde birth, and
fullie to restore mee to my for-
mer strength.

To thee, therefore, O Father,
with thy Sonne Iesus Christ,
and the holie Ghost, will I giue
all thanks & praise, and mag-
nifie thy glorious Name, both
now, and evermore, Amen.

*A prayer, so be sayde before we
receaue the Communion.*

O Iesus Christ, holie and
eternall God, I a miserable
creature, and most wretched
sinner, acknowledge and con-
fesse, that I am not worthie the
least of all thy mercies, & farre

temptations of the Devill, the world, & the flesh: & whether I wake or sleepe, eat or drink, live or die, or whatsoever I doe, I may doe all to thy honour & glorie. Grant mee, O Lord, that I may feare & dread thee, and that I may faithfullie love my husband, and be obedient vnto him in al things, agreeable to thy holie word. And for the deliverance of this my burden, thy gracious gift, I am assured, that vnlesse thou prosper my travell, all womans helpe and physicke is in vaine: therefore, I beseech thee, that lyke as thou hast created this chylde in my wombe, and breathed into it the breath of lyfe; so at such tyme as it shall seeme good to thy godlie Majestie, thou wilt prosper the birth and delyverance. And I most humble be-

seech thee, of thy Fatherlie pit-
tie to strengthen me in this my
dangerous labour and travell,
and so sustaine mee, that I may
patientlie beare all my pangues
and pains; and suffer them not,
O Father, to bee aboute my
strengths; and in the vttermoost
of all my pains, O then giue me
such comfort, that I may bee
able to beare them. Increase
my fayth, O most mercifull Sa-
viour; and in the dangerous
tyme of my travell, grant mee,
I most heartilie pray thee, spee-
die deliverance, and joyfull be-
holding of my chylde: that I
beeing a merrie mother, may
even with my whole heart ren-
der vnto thee honour, prayse,
laude, and thanks, for thy a-
boundant mercie, and gracious
benefites. But aboute al things,
O Lord, I most heartily beseech

thee to endew this my chylde
 with grace, that it may bee one
 of the number of thy Elect,
 baptized, and regenerate in the
 holie Ghost: and that it may, at
 the yeares of discretion, learne
 to knowe thee, trust surelie in
 thy mercie, heartilie loue thee,
 feare to offende thee, obey thy
 holie Commandementes, and
 attayne to ever-lasting joye
 and felicitie, thorow our Lord
 Iesus Christ, who liveth and
 reygneeth with thee, O Father,
 & the holy Ghost, even world
 without ende, Amen.

*A prayer of thanks-giving, for a
 woman after shee is deliuered of
 Chylde.*

O Most high, mightie, and
 eternall God, I giue all
 laude and praise vnto thy holie
 Name: I magnifie thy might &
 marvelous workes: I render

of Godlie Prayers. 239

vnto thee the sacrifice of my thankfull heart, and vnfeigned lippes, for that it hath pleased thee, of thy great goodnesse, to giue vnto mee, thy poore creature, so happie, safe, & speedie deliverance, from my great danger of chylde birth, and fullie to restore mee to my former strength.

To thee, therefore, O Father, with thy Sonne Iesus Christ, and the holie Ghost, will I giue all thanks & praise, and magnifie thy glorious Name, both now, and evermore, Amen.

A prayer, to bee sayde before wee receaue the Communion.

O Iesus Christ, holie and eternall God, I a miserable creature, and most wretched sinner, acknowledge and confesse, that I am not worthie the least of all thy mercies, & farre

vnworthie to receaue thee vnder the rooſe of my Soule, by participating of thy moſt bleſſed bodie and blood: for horrible and infinite are the finnes where-with I am deſiled: and therefore the verie intralles of my heart are troubled, and my bones doe ſhake, becauſe I finde my Soule a moſt vnworthie gueſt for ſo heauenlie a ſupper. But thou cameſt not to call the righteous, but ſinners to repentance: and I doe conſtantlie belieue and know, that not-with-ſtanding my finnes, thou canſt make mee cleane, & worthie, and canſt take away all my finnes: and therefore, I moſte humbly beſeech thee, thorow thy power and mercie, to grant thy grace vnto mee a vylde ſinner, that I may wor-

thilie

Of Godlie Prayers. 241

thilie approach to this heaven-
lie Sacrament. Giue mee grace,
before I presume to come to
the receaving heereof, I may
examine my selfe, call my sinnes
to mynde, and by vnfeygned
and heartie repentance, returne
vnto thee, my Lord. Make mee
with heavie sobs to confesse
my sinnes, and pardon all my
offences: accept mee into thy
favour: cleanse mee from my
wickednesse, and forgiue mee
all my sinnes. Powre into me a
true and a liuelie fayth, that I
may alwayes trust in thy word,
(annexed to the Sacrament)
which indeed promiseth remis-
sion of sinnes. Also grant, that
receaving this holle Sacrament,
I may truelie put off the olde
man, which is corruption, ac-
cording to the lustes of error,
and

and be renewed in the spirit of my mynde, and put on the new man, which after God is created in righteousness, and holinesse of trueth. And although by nature I cannot liue without spottes of sinne; yet so blesse thou mee, that I may never willingly offende thee, but ever-more depende vpon thy goodnesse, and as a truelie penitent sinner, repenting of my sins, I may approach vnto thy holy Supper. O Christ, who of thy vnspeakable loue tookest our flesh vpon thee, & diddest become a sacrifice and rancome for all mankynde, and ordaynedst this sacrament of thy Supper, vnto thee doe I crye, beseeching thee, from the verie bottome of my heart, that it may please thee to giue mee grace, even with a most seruent

Of Godly Prayers. 243

and earnest desire, & with due
reverence, to receaue thy Sup-
per, & thirstinglie to seeke for
the nowrishing of my Soule.
Lift vp my mynd, that in feare,
and trembling, in fayth, and
spirituall comfort, I may ap-
proach vnto the receaving of
thy precious bodie and blood:
stirre vp in mee an vnfeyned
desire of this heauenlie foode;
that from thee, the Bread of
lyfe, & fountayne of salvation,
I may receaue vitall iuyce, vnto
the quickening of my Soule. O
most sweete Bread, heale thou
my Soule, that I may taste the
sweetenesse of thy loue: heale
my infirmities, that I may de-
light onlie in thee: let my heart
eate thee, and with thy sweete
savour replenish the bowels of
my Soule. O come into my
X 2 heart.

heart, and purge mee from all my sinnes: enter into my Soule, and heale and sanctifie mee, both within & without. Grant that I may alwayes worthilie receaue this most blessed Sacrament, and memoriall of thy death, according to thy holie ordinance, that it may increase in mee all goodnesse. Bee thou the buckler, and perpetuall defence of my Soule and bodie, that I may come vnto thy kingdome, where I shall beholde thee face to face: whither, O Lord, I pray thee, for thy mercies sake, bring mee, Amen.

*A Thankes-giving, to bee sayde
after the receauing of the holie
Communion.*

O Sweet Saviour Christ Iesus, who hast vouchsafed spirituallie to giue 'mee these holie mysteries of thy bodie &

blood, mortifie, I beseech thee, whatsoever is evill in mee, and garnish me with thy graces & vertues: renew my spirit, my soule, and my bodie, with thy excellent grace: frame me after thy hearts desire, and grant, that I may thinke, speake, doe, and desire all thinges that may please thee. Purge my conscience from all dead workes, to serue thee, the living God. I thanke thee, with all reverence of mynde, for calling me, a miserable sinner, vnto the participation of thy holie Supper, & the receaving of all coelestiall riches, whereby thou bestowest on mee particularlie all the merites and good thinges which by thy death thou hast purchased for mee; that I may bee a partaker & fellow-heire of eternal

X 3

blested-

blesse^dnesse. O sacred banquet,
where my Soule receaved such
heavenlie dainties, to comfort
the Soule, and refresh the in-
ward man; I most humblie be-
seech thee, even by thy mo^st
sacred blood-shed for me, giue
me grace, that participating of
this visib^le Sacrament, I may
finde, and feele in my heart, the
invisib^le working of thy hea-
venly grace: that as this is some
refreshing to my bodie, so it
may bee a Spirituall Medicine
for my Soule.

Raise vp in mee, by this bles-
sed Sacrament, a continuall re-
memberance of thy bitter pas-
sion: make me retaine it in my
mynde, as a sufficient Ransome
of my redemption: let me ne-
ver doubt of the forgiuenesse
of my sinnes: and, as often as
Satan essayeth mee with his

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deadlie temptations, giue mee
grace to runne vnto this San-
ctuarie, as vnto a strong ar-
mour of defence; so that no tri-
bulation, anguish, nor persecu-
tion, nakednes, perils, sword,
lyfe, nor death, separate mee
from Christ, my head: where-
vpon beeing made fast by thy
holie Sacrament receaved, I
(as a living member) depend:
and let mee knowe, that I am
fedde & refreshed by thy pre-
cious bodie and blood: that
beeing washed there-with, I
giue not my selfe hereafter to
carnall pleasures: but liue in all
sinceritie and trueth, as it be-
commeth those that eate of the
immaculate Paschall Lambe.
And I beseech thee, by thy
bitter death, stirre vp my
mynd, that by often receaving
this thy holie institution, I may

consider how bitter a death thou diddest suffer for me, and how great thy loue was, that made thee to take so shamefull a death for the redemption of mankinde: and continuallie, to yeelde thee heartie thanks for the same. O sweete Iesus, grant if I sinne thorow frayltie, that I may by and by come vnto thee by repentance: and being by this holie mysterie fast linked vnto thee, I may receaue power and strength from thee to resist sinne. Suffer me not to be separated from thy Church: but grant, that I may bee without fault, and commit no sinne, but walke worthie this Sacrament, renouncing the de-vill, all Idolatrie, vices, and carnall desires. Let mee not feare to suffer, and giue my lyfe for the glory of thy Name, that

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I be never separated from thee.
Giue mee grace, that laying a-
side all wrathfulneſſe, mali-
ciouſneſſe, and envie, I may
heartilie forgiue everie one,
even as thou haſt freeſlie for-
given mee. Giue me grace, that
participating of the bread of
eternall lyfe, I may bee reple-
niſhed with the fruition of thy
moſt bleſſed ſight, in thy Coe-
leſtiall Paradylſe for ever: and
at my reſurreſtion from death,
appoynt me a place, O merci-
ful Lord, at thy heavenly table,
where I may taſte the newe
wyne in the Kingdome of thy
Father; abyding with thy elect
Angels, and bleſſed Saints,
for evermore, Amen.

*A Prayer, for a ſtrong Faith, and
againſt Temptation: and Ve-
rie fit for a ſicke perſon.*

O Lord

O Lord Iesus, the onelie stay
and defence of my immor-
tall estate; my onlie hope and
salvation; my glorie, and my
triumphe: who in the flesh
(which for my sake thou
tookest vpon thee) diddest suf-
fer thy selfe to be tempted of
Satan; & who onlie, and alone,
didst overcome, and vanquish
sinne, death, the world, the
devill, and all the kingdome of
hell, for mee, and for my be-
halfe: & it is thy pleasure, that
I should keep battel with those
evils, of purpose to rewarde
me with a crowne of glorie for
it. Giue mee, I beseech thee, O
Lyon moste victorious, strength
against the roaring lyon, which
continuallie wandereth vp and
dowe, seeking whom hee may
devoure. Thou beeing the ser-
pent which was nailed on high,

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the true giver of al healt, giue vnto mee thy wisedome, to withstand the wayting of the most subtill serpent. Thou being a lambe, as white as snow, the vanquisher of Satans tyrannie, giue vnto mee, one of thy sheepe, the strength and vertue of thy Spirit; that thorow thy force and valour I may withstand and overcome all assaults of the devill, that my ghostlie enemy may not glorie over mee; but that I may conquer him thorow thee, & giue thee the prayse, who ever helpest those that trust in thee.

My Soule, O Lord, longeth for thy salvation, and I haue a good and sure hope therein. O when wilt thou comfort mee, a sinner? beholde, I giue and submit my selfe fullie & wholly vnto thy mercie: therefore

I knowe I shall not perish. I beseech thee, most mercifull Lord Iesus Christ, that thou wilt by thy grace, both now, & ever, make strong my Soule, against all temptations, and cover and defende mee, with the buckler of thy mercies, against all the assaults of the devill. I acknowledge, that in my selfe there is none help of salvation: but the hope, trust, and confidence of my salvation, is in thy most mercifull goodnes. I haue no goodnesse in mee, but am full of evill; yet I trust, & faithfullie believe, that thou wilt make mee good, forgiue mee my sinnes, and make mee an inheritor of thy ever-lasting Kingdome.

O mercifull Lord, thou wast borne, thou diddest hunger & thirst,

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thirst, fast and pray; thou sufferedst grievous payns; thou gavest thy most precious bodie to die, & blood to be shed for my sake: let these things, o merciful Saviour, saue me: let thy blood cleanse, and wash the spots and foulness of my sinnes: let thy righteousness cover my vnrightheousnesse: let thy passion be a satisfaction for my sinnes. Take mee, O Lord, vnto thee, and giue me thy grace, that my sayth waver not, but bee ever firme & constant; that the hope of thy mercie, and lyfe everlasting, never decay in me: that charitie wax not colde in mee, and that the weaknesse of my flesh be not overcome with the feare of death. And vouchsafe, Lord, to send me patience, and sufferance, that I may steadfast-

Y lie con-

lie continue to the end, & after
liue with thee in glorie, Amen.

A prayer, for a sicke person.

LAude, honour, and thanks,
be giue to thee, most mer-
cifull Lord Iesus Christ, for thy
holie Incarnation, thy payns, &
bitter passion: I know thou art
my redeemer & Saviour: I be-
lieue thou hast overcome sin,
death, hell, and the devill; so as
they cannot hurt me. On thee
doe I builde; in thee is my trust
and comfort. O Lord, be pro-
picious and mercifull vnto me,
according to thy great mercies.
Leaue mee not, O Lord, in di-
stresse; but deliver me from all
evill: strengthen & conduct my
soule, in the great journey it is
to goe: and thorow thy mercie
forgiue me all my sins; & grante
me everlasting lyfe. I haue no
merits, nor good works, which

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I may alleadge before thee;
but of evill deedes, & sinnes, I
haue manie; yet I trust, through
thy mercie, to bee amongst the
number of them that shall bee
saved; to whom thou wilt not
impute their sins, but take them
to everlasting life. O most mer-
cifull GOD, who according to
the multitude of thy mercies
doest put away the sinnes of
those that truely repent, so that
thou rememberest them no
more; open thy eyes of mercie,
and look vpon me, thy sick ser-
vant, and pardon, and forgie
mee, I moſte earnestlie desire
thee, all my sins. Renew in me,
most loving Father, whatſoever
hath beene decayed by sin, the
fraude, & malice of the devill,
or my owne carnall will, and
frayltie. Preſerue and continue
me in the vnitie of thy Church:

consider my contrition; accept these my prayers, and tears: as-
swadge my payne, as shall bee
seene to thee mooste expedient
for mee: and for that I put my
full trust onelie in thy mercie,
Impute not vnto me, I beseech
thee, my former sinnes, and of-
fences: but pardon, and forgiue
mee, and take mee into thy fa-
uour, thorow the merits of Je-
sus Christ. I belieue onelie in
thee, and in thy incomparable
mercie: and in this sayth, O
Lord, will I die. Keepe me, that
I shrink not from thee, thorow
paine, smart, impatience, temp-
tation, or anie thing else: But
strengthen, and increase my
sayth; that sinne, death, hell, and
the devil, hurt me not: for thou
art stronger and mightier than
they all: and in thee doe I trust.

O pittifull Physician, & hea

Godlie Prayers. 257

ler of soule and bodie, let mee
not bee confounded in sin: but
vouchsafe, I pray thee, to cast
thy mercifull eyes vpon mee, a
poore and sinful creature, who
am bound, and captiue with
sicknesse. O turne my weaknes
to thy glorie, and to my health,
and comfort: and grant, that so
long as I liue, I may with a
true and perfect sayth, fight
manfullie agaynſt all the temp-
tations of sinne, the flesh, the
world, and the devill: and af-
ter this lyfe, reygne with thee
in eternall Glorie, even for
ever, and ever: Amen.

A Prayer at the houre of death.

O Lord Iesus Christ, who
art the onlie healeth of all
men living, and the everlasting
lyfe of them that die in thee; I
wretched sinner, doe submit

Y 3

my

258 *The Posie of*

my selfe wholie vnto thy most
blessed will. And beeing sure,
that the thing cannot perish,
which is committed vnto thy
mercie, willinglie now I leaue
this frayle and sinfull flesh; in
sure hope, that thou wilt, in
better wyse, restore it to mee
agayne, at the latter day, in the
resurrection of the iust.

I beseech thee, O Lord Ie-
sus Christ, that by grace thou
wilt make strong my soule a-
gaynst al temptations; & defend
mee with the buckler of thy
mercy, against all the assaults of
the devill. I see in my selfe no
helpe of salvation; but all my
trust is in thy rich mercie and
goodnesse. I haue no merite,
which I may alleadge before
thee: of sinnes, and evill deeds,
alace, I see a great heape: but I
trust, through thy mercy, to be

Godlie Prayers. 259

one of them that shal be saved,
& to whom thou wilt not im-
pute their sins: but wilt accept
and take mee for just, and make
me an inheritour of everlasting
lyfe. Thou gavest thy bodie to
die, & thy blood to be shed, for
my sins: Oh, let that thy Blood
cleanse and wash away all my
spots, sins, and offences, and be
a full satisfaction for al my ini-
quities. Let not my sayth wa-
ver; but be firme, and constant
in thee, and in the hope of thy
mercie, & lyfe everlasting. And
let not the weaknes of my flesh
be overcome with the feare of
death: but grant, O most mer-
cifull Father, that when Death
shal shut vp the eyes of my bo-
die, my soule may still beholde
and look vpon thee: and when
Death shall take away the vse
of my tongue, and speech, my

260 *The Posie of Prayers.*

heart may crye, and saye, O
Lord, into thy Hands I giue &
commend my soule; and with
thy holie Martyr *Stephan*, I may
beholde Thee in soule, and say,
Lord Iesus, receaue my Soule
vnto Thee: Who liuest, and
reygneest, G O D everlasting,
with the FATHER, and the
Holie GHOST, both now
and evermore, worlde
without any ende:

A M E N.

Glorie be to G O D in
the high H E A V E N S;
Peace on Earth; and,
towards Men, good
will. *Luke 2. 14.*

FINIS.

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contayned in this Booke, by the
number of the Leaf.*

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FINIS.



Perfect

Remind Quartette

Hand vents

19/5/20

Henry L. Thorp